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## **KNEE ARTHROSCOPY POSTOP INSTRUCTIONS**

- Do not drive a car or operate machinery for 48 hours, or as long as you are taking pain medication.
- Do not consume alcohol, tranquilizers, sleeping medication or any non-prescribed medication for 24 hours unless approved by your doctor, or as long as you are taking pain medication.
- Do not make important decisions or sign important papers in the next 24 hours.
- **HAVE A RESPONSIBLE PERSON WITH YOU TONIGHT.**

### **ACTIVITY**

Rest for the remainder of the day.

You may return to work or school when advised by your physician.

Use crutches or a cane as necessary. You may put weight on your leg as tolerated.

Please move your knee. We cannot overemphasize the importance of getting the motion back in your knee as early as possible after surgery. Also, please pump the foot/ankle up and down for exercise.

### **TREATMENT**

Use an ice bag on the operative site for 24-48 hours when not up moving. DO NOT put directly on the skin.

Keep the leg elevated above chest level for 24-48 hours when not up moving.

Loosen the ace wraps if foot/ankle swell.

Keep your dressing clean and dry. Remove the ace wrap and cotton wrapping 2-3 days after surgery. Put band-aids over the stitches. Replace the ace wrap if swelling persists. You may shower after the bandages are off, but keep the wounds clean and as dry as possible. Avoid using creams or ointments on the wounds.

### **MEDICATIONS**

Use pain medication as prescribed by your doctor. As your pain subsides, you may also decrease the amount of pain medicine that you use. Do not take additional Tylenol with other pain medicines. Typically, the first 2 days after surgery are the most uncomfortable. You may take anti-inflammatory medications as needed, unless instructed to the contrary by your physician.

### **DIET**

Begin with clear liquids and progress to normal diet if not nauseated. For the day of surgery, avoid fatty foods and those that are high in protein content.

### **The following are expected occurrences following surgery:**

Discomfort

Moderate swelling of the incision area

Bruising of the skin near the operative site and even into the leg and occasionally into the foot

### **NOTIFY PHYSICIAN IF:**

Pain is not relieved by pain medication

Persistent nausea or vomiting

Chills/fever (above 101.5)

Persistent bleeding or swelling at the operative site

Unable to urinate for 6-8 hours

Follow up with the doctor next week by calling 703-858-5454 to schedule an appointment, if not already done. Call 703-858-5454 if there are any problems or concerns. If after hours, the doctor on call will be paged.