



Post-Operative Instructions

Arthroscopy Of The Knee

Absolutely no narcotics will be dispensed after-hours, on weekends or on holidays.

Early Ambulation following knee arthroscopy is very important in the prevention of the development of deep vein thrombosis or blood clots.

Taking one Baby Aspirin (81 mg.) per day for 3 weeks following your surgery may also be helpful.

Diet: You have no restrictions on your diet. During the evening following surgery drink plenty of fluids and eat a light supper.

Nausea: The anesthesia may produce some nausea. If you feel nauseated stay in bed, keep your head down and try drinking fluids such as 7-up, tea, soup or other clear liquids.

Discomfort: The amount of pain you can expect is very unpredictable. If you have pain that cannot be controlled with the prescription that you have been given you should notify your physician. Typically, two medications will be given for post-operative pain. The first will be a pain medication for stronger pain, such as Mepergan Fortis, and the second will be for milder pain, such as Darvocet. These may be alternated and should be taken on an as needed basis but no closer than 4 hours together. It is also very important to take one Baby Aspirin 81 mg a day for 3 weeks following your surgery. This is to prevent blood clots.

Activity: You will be allowed to bear weight as tolerated immediately after surgery. Crutches are not required but may be used if needed or if indicated by Dr. Powell. Activity such as walking, stair climbing, or driving may be resumed as tolerated. You should wait 24 hours before driving, because of the effects of anesthesia. You should also not drive if you are taking any pain medication.

Ice: You will be given refreezable ice packs to take home to use following your surgery. Also you will be given extra refreezable ice packs so one may be kept on the knee and one in the freezer at all times. It is very important to use ice every hour for 20 minutes at a time to help with the pain and swelling following your surgery especially during the first week. Ice is good to use at any time during your recovery if you feel your knee is still swollen.

Physical Therapy: You will begin physical therapy usually 2 days following surgery. You will be given a prescription for therapy that you will need to take with you to your first visit. Your first physical therapy appointment and your follow up appointment to see Dr. Powell will be arranged and the nurses discharging you will give these appointment times to you.

Dressing: The dressing should remain in place until you are seen in our clinic or at physical therapy 2-3 days following your surgery. The incisions may continue to drain small amounts of fluid and if so, your dressing may be reinforced. A dry dressing should be kept in place until the wounds have stopped draining and are completely dry. If you have sutures these will be removed 2 weeks following surgery.



Bathing: It is necessary to keep your dressing dry and intact to help prevent infection. You may sponge bathe for the first few days following surgery, or you may shower as long as you cover your dressing /incision with a clean plastic trash bag, which should be secured with microfoam or duct tape, to prevent your dressing from becoming wet. You should do this for the first week post-op, and then 7 days after surgery you may shower only, and let the incision sites get wet. Please do not submerge the knee under water until the incisions have completely healed. After showering you should keep the incision sites dry with no ointments. This will allow the incisions to heal the fastest.

Ace Bandage: If you have an "Ace Wrap" and it becomes too tight, you may loosen the Ace bandage carefully, making sure that you do not remove the dressing over the incision.

Knee Immobilizer: If you receive a knee immobilizer it should be worn at all times until you receive further instructions from Dr. Powell.

Call Your Physician Immediately If You:

- Experience chest pain, with or without deep breathing.
- Experience pain in your arm or arms that does not seem to be related to your surgery.
- Notice that your surgical site is excessively cool to the touch, is dusky in color or has numbness and tingling.
- Develop a temperature of 102° F. or higher, or start to have chills.
- Notice that the affected arm is becoming more swollen, warm, red and painful.
- Have significant bright red bleeding from the incision.
- Have discomfort (pain) that is not relieved by prescribed medication.

If you have any problems or questions, please feel free to call our office at (479) 582-4647 between the hours of 8:30 a.m. and 4:30 p.m., Monday – Friday. If you have an emergency outside of our normal office hours, go to the nearest emergency room or call (479) 433-6116.