



POST SURGICAL INSTRUCTIONS FOR ARTHROSCOPY

Arthroscopic surgery is an outpatient procedure. This means you will be leaving the facility shortly after your procedure is completed, usually within 2 hours. You must be accompanied by a responsible adult or family member. Prescriptions for analgesics (pain medicine), anti-inflammatory medications for swelling or antibiotics will be provided before you are discharged from the facility. Please call our office within 24-48 hours to schedule your follow-up appointment. Your first appointment should be within 10 days after surgery. Your physician will see you again within 3-4 weeks and again possibly 2-3 months to assess progress. Physical therapy may be recommended after arthroscopic surgery, but this is not always the case. Self directed exercises performed for 30-45 days after surgery are the mainstay treatment to regain motion and strength.

- It is normal to experience some pain. Pain and swelling is expected but most of it should settle within the first three to four days. Application of ice (wrapped in towel or plastic bag) or a bag of frozen peas will help reduce the swelling. Keep the ice on for 20 minutes and remove it for 20 minutes. Repeat application 2-3 times per day.
- The discomfort will decrease after 3-4 days. Tylenol, Advil or Nuprin should be sufficient to relieve your discomfort.
- If you had a meniscal repair, there might be more discomfort, recovery time and the use of crutches may be prolonged.
- Weight bearing may be as tolerated, unaided, or with the use of crutches or cane. Most people can discontinue the use of crutches and or canes within 24-48 hours. Sometimes a few days of non-weight bearing ambulation on crutches is helpful.
- If you feel the pain is excessive and your knee is also red or swollen or you notice pus, foul smelling discharge from the puncture sites, or have a fever greater than 101.5 for 3-4 hours call our office (301) 949-8100 immediately.
- Keep your knee elevated as often as possible while at home, especially during the first 24 hours. This helps keep swelling to a minimum.
- The small incisions are covered with band-aids and they **must** be left in place for 2-3 days. You will have padding and a bandage applied post operatively. This provides pressure and support as well as protection from infection.
- You will need to keep the operative site dry for the first day following your surgery.
- You may remove your dressings after 2-3 days. You are then allowed to shower without covering the affected area.
- Pat wounds dry, **DO NOT RUB**, and re-apply band-aids or dressing as needed.
- **DO NOT EXERCISE UNLESS YOUR DOCTOR HAS GIVEN YOU SPECIFIC INSTRUCTIONS.**
- **Pain medications, either over the counter or prescribed, are to be taken as directed or needed. Side effects from some medications might include drowsiness, nausea, lightheadedness, or itching. Anti-inflammatory medications, if prescribed, must be taken with food.**

Generally, individuals are able to return to full athletic work or activity between 4-6 weeks following routine surgery. You may return to work in 2-3 days unless your work requires standing for prolonged periods of time or going up/down stairs.