

Knee Arthroscopy Post-operative Instructions

PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY. THEY WILL ANSWER MOST OF YOUR QUESTIONS.

- 1.** You may walk on the leg as tolerated, but avoid doing too much for the first day or two. Use crutches to minimize discomfort, and for safety for the first 72 hours.
- 2.** Keep the postoperative dressing clean and dry. **REMOVE YOUR BANDAGES THREE DAYS AFTER SURGERY.** Leave any steri-strips in place and let them fall-off naturally. Keep your incisions covered with a small sterile dressing until your first follow-up visit with Dr. Morrison. **You may shower beginning three-days postoperatively.** Remove the dressing. Do not allow your knee to be submerged in water (swimming or baths) until after your first post-operative visit.
- 3.** It is normal to have swelling and discomfort in the knee for several days to weeks after arthroscopy, depending on what procedure was done.
- 4.** Plan to take today and tomorrow off work. You may resume work when the pain and swelling subsides. This can be a week or more, depending on the type of work you do and the procedure that was done for your knee.
- 5.** Take your pain medication as directed to help relieve the pain.
- 6.** You should also take an Aspirin a day for two weeks following your surgery.
- 7.** Use the cold packs or ice. This should be used for 20-30 minutes at a time to the knee for the first week after surgery. This will help to reduce the pain and swelling. After the first week the cold therapy can be used as needed (at the end of the day or after Physical Therapy).
- 8.** Avoid athletics for several weeks after arthroscopy (until you have full motion and no pain). Dr. Morrison will let you know when it is safe to begin exercising. You may begin spinning (no resistance) on a stationary bike to help regain your range of motion, as soon as it is comfortable for you to do so, unless instructed differently.
- 9. Please call Dr. Morrison's office after your surgery to make an appointment for a follow-up visit in 10 to 14 days after surgery.**
- 10.** Sometimes your knee remains painful and swollen for several weeks, depending on the problem you have and the amount of surgery that was done. This is usually nothing to worry about. However, severe and worsening pain, redness, drainage, or fever over 101degrees could indicate infection (after the first day or two) and you should contact Dr. Morrison. If you have any concerns, please call Dr. Morrison at (850) 494-9000 request to speak to Christina.