

**Post Operative Instructions for Knee Arthroscopy**  
**Oregon Medical Group Orthopedic and Sports Medicine Clinic**

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**Call our office if you have any of the following:**

- Fever over 101 degrees.
- Excessive bloody wound drainage
- Yellow, green or foul smelling drainage
- A large red area around the incisions.
- You suspect an allergic reaction to medications or dressing materials. This could be shortness of breath, a rash or redness, hives, etc.
- Severe tenderness or numbness in the leg. If you had a nerve block during surgery, you can expect some numbness in your leg the first day.

**Activity to prevent blood clots:**

- Keep your leg elevated above your heart to prevent swelling and decrease pain.
- Move your toes and flex your ankles up and down several times an hour to keep the blood circulating.

**Dressings/Bandages:**

- Your dressing applied in the operating room should remain on, dry, and intact for 3 days following surgery. You may shower, but keep the dressing dry by covering the area with a plastic bag.
- After 3 days, take off the dressing and apply band-aids over the wounds.
- Leave sutures or steri-strips in place until you see the doctor.
- You may shower, but do not soak the area in a bath or swimming pool until 2 weeks after surgery.
- If you have a little bleeding on the dressing, reinforce it with a clean towel, gauze or bandage materials. **If you have increased bleeding that soaks the dressing, call our office immediately.**

**Medication:**

- Take your regular medications as prescribed.
- You have been given a prescription for pain medication. Please take according to the instructions. If your pain becomes too severe, don't try to "tough it out". Call our office if you have severe pain that doesn't respond to pain medication.
- **Some pain medications contain Tylenol. DO NOT take additional Tylenol without discussing with your surgeon. This can lead to liver failure.**

- **Do not drive while you are on narcotic pain medication.**
- Sometimes pain medication causes nausea. If this is severe and doesn't go away, call our office.
- Pain medication can cause constipation. Drink plenty of water and/or fruit juice. Take milk of magnesia if you become constipated, or use a stool softener such as Dulcolax.
- Your surgeon may ask you to take one 325 mg aspirin daily for 2 weeks to help guard against blood clots.

#### Activity:

- Minimize activity on the day of surgery.
- Elevate the knee and apply an ice pack every hour for 20 minutes, for the first 72 hours. After that, elevate and apply ice 2-3 times/day until the swelling goes down. Put a thin towel between the ice bag and your skin. **Do NOT use heat.**
- Use crutches for comfort. You may begin to put weight on your leg right away unless otherwise instructed by the nurse at hospital discharge. **DO** use your crutches for support.
- **DO NOT** resume sports, use exercise equipment, or do physical activities including lifting, until your doctor tells you its okay.
- **DO** start physical therapy activities right away after surgery as this will help your recover from surgery more quickly.
- Don't drive until we have seen you for your post-op appointment, as it might be difficult to control the vehicle.

#### Diet:

- Resume your regular diet. Drink plenty of fluids, but stay away from alcoholic and caffeinated fluids. Try to stay away from smoking.

#### Brace:

- If you are sent home from the hospital in a metal hinged brace, your surgery likely involved either repair to your meniscus, ligaments or a chondroplasty (poking small holes in the end of a bone). Remain in the brace with range of motion limited to 90 degrees and stay on crutches for 6 weeks. Walking on your knee immediately after surgery may cause the surgical repair to fail.
- You may remove the brace to shower, but otherwise should remain in the brace, even while sleeping, for the full 6 weeks following surgery.

#### Your Post-op Appointment:

- Should be scheduled for 7-10 days after surgery. Call 541-242-4812 if you don't have a post-op appointment date and time.
- Your sutures will be removed at this visit.