

Knee Arthroscopy Postoperative Instructions

ACTIVITY

- Elevate your leg on 2-3 pillows or rolled up towels placed under the **heel** so that the heel is elevated higher than your knee. This will help reduce swelling and achieve full extension of the knee.
- You may put as much weight on your leg as is tolerated.

ICE

- Use the cryocuff or ice regularly for the first week after surgery and then as needed after that. Do not apply ice directly to your skin.

BANDAGES

- You may remove the bandages 2 days after your surgery and apply new gauze or bandaids and a clean ace bandage if desired. Do not remove the steri-strips.
- You may shower, but the incisions must not get wet until you have a post-operative check-up. For showers, covering the dressing/incisions with plastic wrap and tape usually works well. If your dressing accidentally gets wet, remove it, pat the incisions dry and place a new dry bandage.

MEDICATIONS

- Take the pain medicine as needed. You may take up to 2 tablets every 3-4 hours if needed. As the pain subsides try to increase the time between doses.
- In addition to the oxycodone tablets you should also take an anti-inflammatory (i.e. Naprosyn, ibuprofen) on a regular basis for the first few weeks.

FOLLOW-UP

- Your first follow-up appointment should be 7-10 post-operatively.

WHEN TO CALL

- If you develop a fever >101.5 degrees, redness around your incisions, calf pain or increased swelling please call immediately. If you have any other questions or problems, call the office at (425)823-4000.