

## **Post-op Instructions: Knee Arthroscopy**

### **What was done:**

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Medial meniscectomy | <input type="checkbox"/> Lateral meniscectomy | <input type="checkbox"/> Chondroplasty   |
| <input type="checkbox"/> Loose body removal  | <input type="checkbox"/> Lateral release      | <input type="checkbox"/> Meniscal repair |
| <input type="checkbox"/> Lysis of adhesions  | <input type="checkbox"/> Other: _____         |  |

### **Diet:**

- Begin with liquids and light foods; progress to regular diet as tolerated.

### **Activity:**

- Rest with extremity elevated above heart level as much as possible for next 48-72 hours.
- You may weight bear as tolerated with crutches.
- Use partial weight-bearing with \_\_\_\_% of your weight with crutches.
- Do not bear weight on your leg until follow-up.
- You may stop using your crutches only after your physician or therapist has performed an assessment and told you crutches are no longer needed.
- You may resume work / school in 3-5 days.

### **Wound care:**

- Please wash your hands before and after changing your dressing.
- Remove the dressings in 48 hours and apply Band-Aids to the wounds.
- Do not remove any steri-strips (small white paper tapes). They will fall off on their own.
- You may shower in 48 hours after dressings are removed. If you shower before that, incisions and dressings must be covered with plastic and kept dry.
- No soaking / submerging wounds in bathtub, pool or hot tub until follow-up.
- After knee arthroscopy, there is usually a variable amount of pain and swelling, depending on how much surgery was done. The swelling may extend beyond the knee. It is helpful to keep the leg elevated and apply ice regularly.
- Please use the ace wrap on your knee for 1-2 weeks to keep swelling down. You may remove it to ice your knee or to shower.
- If you had a lateral release or meniscal repair, you may notice a significant amount of swelling in the knee and possible bruising. This occurs commonly and may take several weeks to diminish. Ice the knee regularly and elevate the leg as much as possible. You should also use the ACE wrap or compressive dressing as instructed.

### **Icing:**

- Apply ice packs to the knee at least 3-4 times per day for 20 minutes each time until swelling is resolved. (If you have received a cryotherapy (cooling) device, use this instead of ice packs. Do not exceed more than 30 straight minutes of use at a time, and remove for 20-30 minutes between uses.)

### **Brace:**

- You may unlock the brace during the day to allow 0-90 degrees of knee motion.
- Please lock brace at 0° extension to walk.
- You may unlock brace to walk.
- Please wear brace at night locked at 0° extension.
- Please wear brace at night with brace unlocked to allow 0-90 degrees of knee motion.
- You may remove brace at night.

**Physical therapy:**

- Please see separate physical therapy prescription. Call and make appointment with therapist to start therapy in approximately 5-7 days. Bring prescription to first appointment.

**Medication:**

- Pain medication: You have been prescribed a narcotic. Take as directed if needed for pain. Do not exceed recommended dose.
- The day after surgery begin taking one 325mg coated aspirin (e.g. Ecotrin or Bufferin) daily for 4 weeks to prevent blood clots. (Do not take if allergic to anti-inflammatory medicine or if you have stomach ulcers).
- Antibiotic: You have been prescribed Keflex or Clindamycin. Take as directed until finished.
- It may be helpful to take an over-the-counter anti-inflammatory such as ibuprofen for pain control if you do not have any problems with these medicines (such as stomach ulcers, kidney problems, or allergy to aspirin).
- Do not take any anti-inflammatories (e.g. Advil, ibuprofen, Aleve) until specifically approved by your doctor.

**Follow-up appointment:**

- Call for appointment with Dr. Battaglia. You should be seen in approximately 10-14 days.

**Additional instructions:**

- Call your doctor if wound appears red or develops drainage, if extremity is cold to touch with discoloration, numbness, tingling or excessive swelling, any excessive bleeding, fever above 101°, persistent nausea, vomiting or dizziness.
- If you received general anesthesia or intravenous sedation, you should not drive a motor vehicle, operate hazardous equipment, make any major decisions, or drink alcoholic beverages for 24 hours.
- Do not drive or operate heavy machinery or drink alcoholic beverages while taking pain medication.
- Refills on pain medication will only be provided during normal office hours Monday through Friday. No refills will be given or called in after hours or on weekends.**
- For any non-emergent problems or questions during normal hours, or during the night / on weekends, you may call Dr. Battaglia's office and speak to the nurse / doctor on call. In case of true emergency, call 911 for transport to your local emergency room.

**Special instructions:** \_\_\_\_\_

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Todd C. Battaglia, MD, MS