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ARTHROSCOPIC KNEE SURGERY – Postoperative Instructions

___ **Meniscus trimming**	_____ **Meniscus Repair**	_____ **Chondroplasty**
___ **Plica Resection**	_____ **Lateral Release**	_____ **Loose Body Removal**
___ **Other:**		

Follow-up appointment: Our office will call you the next business day after surgery to schedule a postoperative visit (usually 10 days postop). At that time, you will be given the opportunity to ask questions about your surgery or discuss any difficulties you may have. Arthroscopic photographs may be available for review at your follow-up visit.

About your dressing: Your knee is covered with a sterile dressing following the procedure, and this should be kept clean and dry for 48 hours. You may shower but be sure that the dressing is covered and out of the flow of water. You may change the dressing at any time if it becomes soiled or wet. Remove the dressing after two days and cover the wounds with band aids until there is no further drainage. Do not use a tub or jacuzzi until your first postoperative visit.

_____You have stitches that will need to be removed at your follow-up visit
_____Your wounds are closed with steri-strips (small pieces of tape that should remain on for 7-10 days)

About pain and swelling: Some discomfort is to be expected following this surgery. Your surgeon uses a local anesthesia in the knee that will provide pain relief for 6-10 hours following surgery. The best way to control the discomfort is to keep the leg elevated (above the level of the heart) and apply ice (enclosed in a plastic bag and wrapped in a dry towel) to the knee for 20 minutes out of an hour, repeating as needed.

For mild to moderate pain, we advise using a non-narcotic medication such as Tylenol (acetaminophen) or one of the nonsteroidals (Motrin, Aleve, Advil) as long as you don't have contraindications to these medications.

For moderate to severe pain, narcotics may be used sparingly as prescribed. Please do not combine narcotic medication with alcoholic beverages. **Do not drive while taking narcotics.**

Postoperative activities:

_____ Apply as much weight to the leg as is comfortable, using the crutches only as needed for comfort. Avoid strenuous activities. You can speed up your recovery by starting early rehabilitation. Perform the exercises listed on the back of the sheet, starting the day following surgery. You may also use an exercise bike on low resistance setting as long as there is no lasting pain.

_____ Use crutches at all times. Only apply PARTIAL WEIGHT to the operative leg, **just enough to maintain balance while using the crutches.**

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Return to driving/work: Please do not drive for 24 hours following surgery. **OK to resume driving when youare no longer taking narcotics and can walk comfortably without crutches.** Return to work will depend on your work duties- this should be discussed with your surgeon.

Warning signs: If you have fevers or chills, the pain is not manageable, there is bloody drainage or pus, red streaking up your leg, calf pain, shortness of breath or if you have any other questions, please call our office at **(978) 534-6333.**