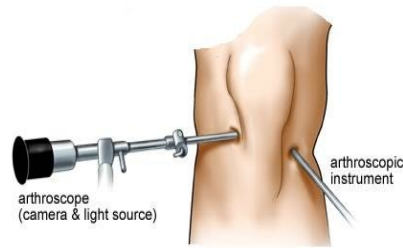


# POST-OPERATIVE INSTRUCTIONS

## Knee Arthroscopy (Basic)



### Wound Care

- You may remove the dressing in 3 days and apply band aids to cover stitches. Please leave steri-strips on (white tapes across wound). It is OK if they fall off. You may trim them as they roll up.
- You may shower in 3 days with the incision and brace covered. Keep it clean and dry.
- Do not get into a tub or pool until directed (usually 4 to 6 weeks).
- Do not remove brace until instructed to do so.
  - You have dissolvable sutures and steri-strips.
  - Sutures will be removed in clinic 10 to 14 days.

### Icing

It is recommended that ice packs be used for the first 24 to 48 hours to help with swelling. After the 48 hours, you may stop using. Apply 3 to 4 times a day, 30 minutes at a time.

### Crutches

- You may walk weight-bearing as tolerated with crutches. **Your crutches may be discontinued when you can walk comfortably without a limp.** Time may vary, but usually 3 to 5 days.

### Knee Immobilizer

- The immobilizer is for comfort, you may remove within the first 24 to 48 hours.

### Physical Therapy

- You may begin isometric quad sets, straight leg raises, calf pumps and gentle range of motion exercises of the knee and ankle in the brace as tolerated. Let pain and swelling be your guide.



Shriners Hospitals  
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Patient & Family Education

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Ankle pumps:



Quad sets:



- Your goal for the first two weeks after surgery is to get your knee to go fully straight (0 degrees of extension).
- Place a rolled towel under your heel to facilitate extension; **do not place towel or pillow under your knee.** The knee is to remain fully straight.

### Pain Control

- If you had a nerve block, your thigh, leg or foot may be numb for 12 to 18 hours. Although you may not be in much pain, start taking your oral pain medication within 6 hours after surgery.
- You will be given a narcotic pain medication for your post-op pain control. The goal is to start alternating Tylenol and Motrin by post-op day (3). **Do Not** alternate Tylenol with your narcotic. Most narcotics will have Tylenol in it.
- Narcotics can cause constipation; over the counter Colace and Senna will help.
- Use the medicine as prescribed and do not drive, drink alcohol, or perform duties that require concentration (i.e. school or work) while on the narcotic medication. You may return to school when you no longer need narcotic.
- After the first three days, you may find it beneficial to take an over the counter anti-inflammatory such as Ibuprofen (Motrin, Advil or Aleve) for additional or alternating pain control.

### Driving & Sports

- You may not drive until your Physician and your Physical Therapist release you to do so.
- No PE or sports for a minimum of 6 months, unless otherwise specified by your Physician.

### WHAT IS TO BE EXPECTED:

After knee arthroscopy, there is a variable amount of pain and swelling, often depending on how much surgery was done. This goes away after several days. It is helpful to keep the leg elevated above your heart and to apply ice regularly.



## WHAT SHOULD BE REPORTED **IMMEDIATELY**:

- persistent fever over 100.4
- sudden increase in pain or swelling
- wound redness, drainage, or increased skin temperature around the incision
- increasing numbness
- deep calf pain and/or swelling
- shortness of breath

### Who to call

- If you have any questions or concerns with the above; please call Triage Nursing at 916-453-2182.
- For urgent problems after 5:00 PM and on the weekend or on Holidays, call **916-453-2000** and ask to have the Nursing Supervisor or Orthopedic Surgeon on-call paged.
- You should have a post-op appointment scheduled in 10-14 days. If you do not, call **916-453-2180** to set this up.