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Patient Instructions for Knee Arthroscopy

I. Incision Care

Keep the dressings clean and dry. The bandage may be removed on the second day after surgery. You will remove the ace wrap followed by the white 4x4 sponges and then removed the yellow gauze. The sutures may be left open to the air.

Cover the incisions when showering for the first 10 days, after 10 days it is okay to shower without covering the incision. Do not soak the knee (bath, hot tub, pool, etc.) until after your sutures are removed.

II. Pain

For pain control following a knee arthroscopy I recommend alternating Tylenol and Nsaids such as ibuprofen (Motrin or Advil) or Aleve.

Take 2 Tylenol, 4 to 6 hours later you may take 2-3 ibuprofen OR 1-2 Aleve, 4-6 hours later take 2 Tylenol – repeat this sequence for 72 hours. After 72 hours you can start to wean off of these medications

Avoid the anti-inflammatories if you were instructed not to use them, such as patients that are on blood thinners or have kidney disease. If your pain is not controlled with the Tylenol and anti-inflammatories, call our office and a stronger pain medication can be called in to your pharmacy.

III. Activity

Following surgery, apply ice and elevate your knee. Unless instructed otherwise, you may apply as much weight as tolerated on your leg. You can start the exercises on the sheet provided (<http://orthoinfo.aaos.org/topic.cfm?topic=a00300>) the day after surgery. Using a stationary bike is okay.

IV. Return Appointment

An appointment for follow-up with Dr. Rosen has been scheduled for you 10-14 days following surgery at TP desk 1A. If you misplaced the time and date please call the office.

V. Problems

Please call our office if you have excessive swelling, bleeding, pain and/or fever. Our office hours are Monday through Friday, 8:00 a.m. – 5:00 p.m. During evening hours, weekends, or holidays, please contact our hospital operator at (858) 455-9100; an on-call orthopaedic surgeon will be contacted to assist you.