
CAMDEN BONE & JOINT, LLC

ORTHOPAEDIC/SPORTS MEDICINE & SURGERY

Orthopaedic & Arthritis Surgery
Arthroscopic Surgery
Pediatric Orthopaedics

Sports Medicine
Total Joint Replacement

Ankle & Foot Surgery
Hand & Upper Extremity Surgery
Kyphoplasty

JAMES W. NICHOLS, D.O. ~ THOMAS N. JOSEPH M.D. ~ ANDREW W. PIASECKI, M.D.

<http://orthodoc.aaos.org/CamdenBoneandJoint/>

Knee Arthroscopy Postoperative Instructions

1. The postoperative dressing should remain on and dry for three full days after surgery. After this you may remove the entire dressing and shower. After showering, gently pat dry the knee area and apply a band-aid as needed. An ace wrap or ted hose is usually helpful to control swelling for approximately 2 weeks.
2. Ice to the knee for 20 minutes at a time is very important. During the initial 48 hours after surgery, this may be necessary every three to four hours. As time passes, ice after physical therapy or the end of the day may only be needed.
3. Keep the limb elevated above the level of your heart decrease swelling and pain. While reclined and resting, perform ankle pumps at least four times an hour to help the blood flow in your leg.
4. Crutch use is for your comfort only. For many patients, this is necessary for three to five days. Unless you are specifically told after surgery to remain partial weightbearing, you may stop the crutches when you're comfortable.
5. Non-steroidal anti-inflammatories may be used for a month after surgery for pain and swelling. Vicodin or similar narcotic pain medications may be prescribed and used as needed for severe pain. You will not be able to drive or operate heavy machinery for six hours after using this medication.
6. The knee may be flexed (bent) as soon as possible. Again, you'll be given in specific instructions if there is a change based on the surgical findings. Straight leg raises to strengthen the thigh muscles can also start immediately. I cannot emphasize the importance of regaining thigh strength enough. It greatly affects the rate of your recovery. Physical therapy is often not necessary if you can do the exercises diligently on your own. If the knee seems stiffer or the thigh weaker than typical at your follow-up, then physical therapy will be instituted formally a few times a week.
7. You cannot drive if the right knee is operated on until you can comfortably walk (about two weeks). If a manual transmission car is driven, and you cannot drive if neither the left or the right knee is operated.
8. Please call the orthopedic clinic or go to the hospital if you have fevers over 101.5 Fahrenheit, increasing uncontrollable pain, bleeding through the dressing, cloudy drainage, increasing redness around the knee, or calf pain with increasing swelling. **Blood staining of the dressing is expected and normal.**
9. Phone numbers to reach the office during regular business hours:
803-432-4498
if after hours you can call Kershaw County Hospital at
803-432-4311 and the Surgeon on call can be paged for you
or if it is an emergency come in to the Emergency Room

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