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Knee Arthroscopy Discharge Instructions

Dr. Kimberly

1. **Dressing:** It is not uncommon to have leakage of fluid into and around the dressing for the first couple days. Reinforce the dressing with gauze until the first dressing change. You can change your surgical dressing 48 hours after surgery. Apply Band-Aides to incision sites. These can be changed daily.
2. **Showering:** You may shower after the first bandage change. Do not saturate or submerge in a bathtub, pool, or hot tub until sutures are removed.
3. **Swelling:** The arthroscopic procedure involves filling the knee joint up with fluid. It is common to experience some swelling or drainage after surgery, but this fluid should be reabsorbed within the first few days after surgery. Ice can be helpful for swelling and pain. Use for 20 minutes at a time and not directly on the skin.
4. **Activity:** Resume activities as tolerated. Local anesthetic is injected into the knee joint after surgery and tends to wear off in 1-2 days. Basic exercises and ROM may be started on the day of surgery as tolerated. Unless otherwise mentioned, you may bear full weight on the operative leg. If surgery was on your left knee, you may drive within a few days of surgery, assuming comfort allows and you are off of pain medications. If surgery was on your right knee, you must wait until your follow up visit to discuss driving.
5. **Medications:** You may be prescribed one of the following medications for postop pain. Keep in mind all narcotics will cause drowsiness. They should not be combined with alcohol or driving. Taking these medications with food is helpful to avoid an upset stomach. All home medications may be resumed.
 - a. Percocet
 - b. Norco
6. **Signs of infection:** With any surgery, it is important to be aware of signs of infection, which can include: unusual or smelly drainage (green/yellow), redness, increased tenderness around the incisions, fever (101 degrees or above), or chills. Also be aware of excessive bleeding or continued numbness or tingling. If you experience any of these symptoms, call our office. There is a doctor on call 24 hours a day.
7. **Postop appointment:** A follow up visit should be arranged for 10-12 days after surgery with either Dr. Kimberly or a PA-C. Surgical findings will be discussed and sutures will be removed. If your appointment needs adjusted or has not been made, please call 740-454-3273.