

SEA VIEW ORTHOPAEDIC MEDICAL GROUP

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PATIENT INSTRUCTIONS AFTER KNEE ARTHROSCOPY SURGERY

After surgery we recommend rest with your leg elevated on pillows. Placing ice on your knee may decrease swelling and alleviate pain. You should be careful not to place ice directly on your skin.

If you had arthroscopic knee surgery and have gone home the same day, you might experience the following:

PAIN – It is normal to experience some mild pain after arthroscopic surgery. If you were given a prescription for pain medicine it should be take and prescribed. If your pain is severe you should contact our office.

FEVER – A slight temperature is not uncommon after surgery, especially if you had general anesthesia. However, if you develop a temperature greater than 101⁰F for longer than 24 hours, call our office.

SWELLING – After surgery your leg was wrapped in bandages. These wraps are placing compression across your knee joint. At times the wraps may be too tight, and this can be the cause of swelling. If you feel your bandages are too tight, you may unwrap the ace-wrap and reapply more loosely.

OTHER QUESTIONS – If you were sent home with crutches, unless otherwise instructed, try to start weight bearing as tolerated. Typically, in one or two days you should be full weight bearing.

FOLLOW UP APPOINTMENTS – We would normally like to see you two to three days after surgery to remove staples and again at 7-10 days to check on your progress and reiterate your findings and rehabilitation protocol.