

Post Op Instructions

Knee Arthroscopy

1. You will usually have to take the pain medicine every 4 hours as needed for the first day or two. After this, you can wean off the medicine and just take it as needed.
2. All pain medications can make you constipated. Drink plenty of fluids and eat lots of fiber to combat this. If you go for more than 3 days without a bowel movement, try a laxative. We recommend Miralax, an over the counter laxative.
3. You may remove the large ace wrap on the 3rd day after surgery. Do not remove the steri-strips (the large white tapes holding the stab wounds shut). If the steri-strips **do** come off, no problem, just put a band-aid over the incision.
4. You may shower on the 3rd day after surgery. You may wash over the wound. If the steri-strips come off put band-aids over the incisions.
5. Ice packs or a commercial ice cuff/machine are very helpful to reduce pain and inflammation after the surgery. Since the bandage is so thick you can leave the ice bags on top until the knee gets cold. Don't ice bare skin however or you could get frostbite.
6. Anesthesia and the pain medication can cause nausea. If this is severe or leads to throwing up call our office at **246-2300** so we can call an anti-nausea medicine into your pharmacy. Have the pharmacy phone number handy--it's on the prescription bottles.
7. You probably have your first post-op appointment already scheduled, along with your first physical therapy appointment. If not, call us at **246-2326** to schedule it. We like to see you 5-7 days after the operation.
8. You can put as much weight as feels comfortable in the knee. Typically, it's tender and sore for 2-3 days and crutches may be required.
9. Have someone drive you to the first appointment. You will be still probably taking pain medication. That wouldn't look good if you got in an accident.
10. If needed, you can supplement the pain medication we prescribed for you with ibuprofen (up to 800mg 3times a day), Don't take ibuprofen if you are allergic or have stomach or kidney problems.
11. Feel free to show off the awesome pictures of your repaired knee. This is certain to make your family and friends respect you!

12. **Any questions or problems contact us anytime at 246-2300.** There is always a doctor on call.