

POSTOPERATIVE KNEE ARTHROSCOPY HOME INSTRUCTIONS

Bart P. Rask, MD

- 1) Cryo/Cuff continuously the first 72 hours after your surgery. Use for longer if swelling persists.
- 2) Lie down for 72 hours after your surgery with your leg above your heart. For the first 72 hours you may only get up to use the bathroom or to eat. You may put as much weight on your leg as you can tolerate. Use crutches, if needed, for balance or pain. Lying down is necessary to prevent painful knee swelling.
- 3) After 72 hours you may get up to walk, putting as much weight on your leg as you can tolerate. You may use crutches, if needed. Use crutches until you can walk well without them.

BANDAGE CARE:

- 1) If your bandage becomes soaked with blood, do not be alarmed as this is expected. Bleeding can continue for up to a week. Simply put more bandages on top, under the white stocking.
- 2) For the first 2 days after surgery, keep bandage clean and dry. Do not change. Bathe by taking a bath with your leg outside of the tub water or a shower with a plastic bag secured over the leg.
- 3) On the third day after your surgery, remove bandages and replace with Band-Aids, if necessary. Do not soak incisions in bathtub until 7 days after your surgery.
- 4) If when you take your bandages off there is still oozing blood, replace with gauze dressing for better absorption instead of Band-Aids.

MEDICATIONS:

- 1) Aleve (220 mg) (over-the-counter). Take 2 tablets every 12 hours regularly. Start the afternoon after surgery and take for 2 weeks. Do not take if you have stomach discomfort.
- 2) Prescription pain medication as directed by the physician.
- 3) Medication refills should be requested between 7:30 a.m. – 3:00 p.m. Monday through Thursday and between 7:30 a.m. – 11:30 on Friday. Refills will not be done at other times.

EXERCISES:

- 1) As shown on instruction sheet. Begin the next day after your surgery with your Cryo/Cuff off.

CALL: DR. RASK AT 503-648-0803 AS SOON AS POSSIBLE IF:

- 1) Fever or night sweating.
- 2) Severe pain not controlled with medications.
- 3) Redness around wound or drainage from wound that does not look like blood.
- 4) You are unable to move your foot or toes.
- 5) Severe cramping in calf.

DRIVING: You may drive after 3 days if you have good control of your driving leg(s) and you are not taking any prescription pain medication.

You will see a physical therapist soon after your first postsurgery office visit.