



## Post-Operative Knee Arthroscopy Instructions

- Unless directly instructed not to, you may bear weight as tolerated on your affected knee. You may feel dizzy; therefore, caution is urged when ambulating.
- Do not drive or operate machinery until your physician clears you and you are off narcotics
- The evening of surgery begin your diet with 7-up or clear liquids for 3-4 hours. You may progress your diet to soft foods if you are not nauseous. If you have nausea, remain taking fluids only until the nausea subsides.
- Reinforce your dressing with gauze if needed for 2 days. At any time, if the dressing feels too tight, you may loosen the dressing as needed.
- After two days remove the dressing and cover the arthroscopy wounds with Band-Aids if needed. If you have an incision you should clean the wound with betadine or hydrogen peroxide and cover the wound with 4x4 gauze. You should not get the wound wet (i.e. shower) until 48 hours after the staples/sutures are removed, otherwise you may resume showering if there are no sutures or staples when the incisions are scabbed over. *Do NOT Bathe or submerge the knee in water. Do not apply medicated ointment.*
- Keep the leg elevated with an ice pack to the knee intermittently for 24-48 hours after the surgery. You may use the ice pack longer if necessary.
- You should have your elastic stockings (TED hose) on **both** legs; you may remove these when you are up and around more than you are down at rest.
- Pain and swelling are to be expected, the more active you are the worse it will be.
- Unless you have been instructed not to do so, you will need to take one Aspirin (325 mg) a day for 7 days after surgery.
- The day after your surgery, begin your exercises (quad sets, ankle pumps) as instructed to do so.
- Return to the office one week after the surgery for your post-op check.
- If you have any fever greater than 101°, begin having chills, increasing pain, excessive bleeding, foul drainage, or excessive redness call Dr. Arnold's office (479-751-3860).