

**POST OPERATIVE PATIENT INFORMATION**  
**FOR KNEE ARTHROSCOPY**

The inside of your joint was visualized with the arthroscope, the diagnosis was established, and the appropriate surgery was performed with special microinstruments to treat your meniscus tear, chondromalacia and/or loose bodies.

**BANDAGES:** The bandage applied to your incisions may become moist or bloodstained; however this is normal and results from fluid placed in the joint during surgery. If your bandage becomes saturated with bright red blood, please call me. Keep this dressing in place for 72 hours. You may then remove the bandage and shower, but do not soak or submerge the joint (such as a bath or spa) until after you have seen me in the office one week postoperative. Do not remove the tapes overlying your incision. After showering, please apply band-aids to each incision.

Note: It is normal to have some swelling, drainage and minor redness at the incisions.

**ACTIVITY:** You may bear as much weight as tolerated (unless otherwise instructed), but **avoid excessive activity, as this will cause increased swelling and inflammation.** If you find yourself limping, use crutches or a cane and place part or all of your weight on your foot as tolerated. Please do gentle range of motion (bending and straightening) of the affected joint several times daily so long as it does not cause significant pain or inflammation. There may be a sensation of splashing of fluid within your joint, however this normal and should not concern you.

**PAIN CONTROL:** You will find that your knee is swollen and tender for the first few days after surgery. To reduce this, keep the leg elevated and use the cooling device as much as possible for the first 72 hours as instructed by the nurses. You have been provided with medication for pain relief; use it as instructed and please take it with food to avoid stomach upset. If the medication gives inadequate relief or you run out, please call my office during office hours. During your post-operative recovery, please keep track of how much pain medication you have remaining to ensure that you have sufficient medication for any upcoming weekends or holidays as prescriptions are not renewed on weekends.

**PRECAUTIONS:** If you develop a fever of 101 degrees Fahrenheit or greater, if the pain you feel is much greater than that expected, or if you develop severe redness or swelling, please call my office. (You should expect some calf and ankle/foot swelling, as this occurs in all cases, but I am referring to more than you would expect after reading the previous information.) If you develop a reaction to the pain medication provided, stop taking it and call my office. Please avoid direct sunlight on the incisions until the scars are no longer red.

Note: I feel it appropriate to remind you that although the external incisions are quite small, you have nonetheless had a major operative procedure within your joint. My experience has shown that internal healing takes a number of weeks, although the external healing occurs more rapidly. **If an arthritic or degenerative condition is present within your joint, a more prolonged recovery should be expected.**

Thank you for trusting me to provide your medical care for your shoulder disorder. If you have suggestions on how I might improve your recovery, please discuss this with me at our office appointment.

