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***POST-OPERATIVE HOME CARE INSTRUCTIONS
KNEE ARTHROSCOPY***

We hope that this instruction sheet will help to answer questions which may arise after you are discharged from the hospital. Remember, even though you may feel improved, the healing process typically requires 6 to 8 weeks for complete recovery.

DAILY ACTIVITY

- Rest a little, walk a little, but please do not over do it!
- Wean off of your crutches as tolerated. Bear weight as instructed.
- You will be instructed regarding increased activity level at your next office visit.
- Isometric quadriceps sets and straight leg exercises should be performed as often as tolerated, but at least 15 minutes each day. Pumping your foot can also be helpful to promote circulation.

COMPLICATIONS

Indications for wound infection include: fever over 102 degrees, wound drainage, increasing redness or swelling. Should you develop any of these symptoms, please notify our office. After hours or on weekends, please call the office number and you will be instructed on communication with the Physician Assistant or Doctor on call.

POST-OPERATIVE PAIN

- You may continue to experience some degree of discomfort for 6-8 weeks following surgery. This is normal. The surgical site must heal completely, and this simply requires some time. Typically, your knee will be sore, but severe pain is unusual.
- If you experience significant swelling, reduce your activity, elevate your leg above the heart and apply ice to your knee.
- You will be given a prescription for pain medication when you leave the hospital. If you do not receive this prior to discharge from the facility, please contact the office. As your post-operative pain subsides, extra strength Tylenol is appropriate to take on an as needed basis as you wean off of Hydrocodone. DO NOT apply direct heat to the incision site without the doctor's approval.

WOUND CARE

Sutures or staples are typically removed 12 days post-operatively. You will need to make an appointment during this time frame. It is important that you keep your incision clean and dry initially following surgery. You may shower after the sutures or staples are removed or when the doctor has cleared you.

JUST A REMINDER

- Please use common sense and not go onto uneven terrain, gravel, or slippery concrete where you are likely to slip and fall.
- Take a stool softener or laxative as needed for constipation, which can be a side effect of narcotic medication.
- You may shower when the doctor has cleared you following staple or suture removal.
- If your incision site becomes red, hot or begins draining, please call the office to let the doctor know.