

Post-Operative Instructions: Knee Arthroscopy

Coming Home

- It is normal to feel like your knee is stiff and swollen with fluid. This will improve over time.
- You can put full weight on your leg as tolerated. Crutches are recommended initially after surgery to assist with balance. Once you are more comfortable, it is perfectly safe to discontinue crutch use.
- Work on regaining your knee range of motion. It is safe to move your knee.
- Ice your knee in 30-minute intervals to assist with pain and swelling.
- Keep your knee and leg elevated for 48 hours after surgery to help diminish swelling.

Dressings/Hygiene

- Keep your dressings dry and intact until 4 days after surgery, at which point they can be removed.
- At this point, most incisions will typically be dry and further dressings will not be required.
- You may shower once the initial dressings are removed. Until then, please perform sponge baths in order to avoid getting the dressings wet.
- If there is still some drainage from the surgical wounds, apply some sterile gauze squares and rewrap with an ace bandage. Change daily until the wounds are dry.
- Once the dressings have been removed and the wounds are dry, it is safe to leave the wounds open to air. You may apply band-aids over the wounds for additional protection if you prefer.

Medications

- **Aspirin / Enoxaparin (Lovenox) / Rivaroxaban (Xarelto) / Apixaban (Eliquis):** You have been prescribed one of these medications to lower the risk of blood clots. It is important to take the full amount of medication as prescribed. The over-the-counter aspirin dose is 325 mg daily for 30 days.
- **Acetaminophen (Tylenol):** This medication helps with pain. It should be taken on a scheduled basis (1000 mg every 8 hours) for as long as needed.
- **Oxycodone / Tramadol / Hydrocodone:** These are narcotic medications that can be taken as needed for pain control. You should taper off and discontinue these medications as soon as you feel you no longer need them.
- **Meloxicam / Ibuprofen:** These are anti-inflammatory medications that help with pain and swelling. You should take the medication as prescribed on a scheduled basis at least until you are off narcotic pain medication. You may keep taking it for as long as it is beneficial.
- **Gabapentin:** This medication helps diminish pain signals along the sensory nerves. If prescribed, it should be taken as prescribed on a scheduled basis at least until you are off narcotic pain medication. You may keep taking the gabapentin for as long as it is beneficial.

Follow-up and Contacts

- Your first post-operative visit has likely already been scheduled, typically in about 2 weeks.
- If you have any questions or concerns, please do not hesitate to call:

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