

# Knee Arthroscopy Instructions

Dr. McCormick

## What to Expect After Knee Arthroscopy

### Activity Restrictions

you may walk on your operative leg immediately after surgery

return to activity as your knee allows

You may drive when you are able to walk reasonably well. You must be able to respond to unexpected situations and react quickly so try it out in an empty parking lot if unsure.

### Surgical site care

keep your initial dressing dry

it is normal to notice some drainage/discoloration of the dressing

remove dressing after 3 days and apply nexcare bandages

you may shower with the island dressings on but do not scrub the area

### Pain management RICE

**Rest** your knee is recovering from surgery and this takes time; too much activity too early can increase swelling and slow recovery

**Ice** 30 minutes per hour – remember to keep something between the cold pack/ice and your skin to avoid frostbite

**Compression** the ACE bandage is designed to provide some compression to reduce swelling re-wrap if it feels too tight or too loose

**Elevation** elevate your knee to the level of your heart to allow swelling fluid to drain

Take pain medications as prescribed. If you have a reaction to the medications then call the office at 715.858.4650

pain medicine may cause constipation; use stool softeners or laxatives as needed

### Follow-up clinic visit

usually at 2 weeks after surgery

we will check your surgical site and answer any questions you may have

## When to call the office:

reactions to medications

dressing discoloration spot greater than 4"

calf swelling/pain or new onset shortness of breath

suspected surgical site infection (redness, increasing pain, cloudy drainage, foul odor)

[www.mccormickortho.com](http://www.mccormickortho.com) for more information more educational videos and postoperative protocols