

Knee Arthroscopy Home Care Instructions

Elevation and Activity:

It is normal to experience swelling in the first 48 hours after surgery. To minimize the swelling, elevate your leg above heart level as much as possible.

Ice:

Ice will help relieve the swelling and pain. Use the ice bag on your knee as needed, 20 minutes on and 20 minutes off, until your follow-up appointment.

Medications:

Follow instructions carefully. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate/constipate, so drink plenty of fluids. Do not drive as long as you are taking pain medication.

Surgical Dressing/Sutures:

Keep dressing clean and dry to prevent infection. You may remove the dressing on the third day after your surgery. While the dressing is still on, tape or tie a large plastic bag around your dressing in order to get into the shower. Once the dressing is removed on the third day, you may shower without the plastic bag. No need to reapply dressing after 3rd day when showering. Leave white ster strips on until post op visit.

Activity:

You may bear as much weight on your operative knee as you can tolerate, unless instructed otherwise. ROM may be fully unlocked at all times. Crutches are only as needed for comfort. Start physical therapy as scheduled.

Follow-up Appointment:

It is important to keep your scheduled follow-up appointment. If your scheduled appointment is inconvenient for you, please call my secretary and she will re-schedule for a more convenient time.

If you have any problems or questions after your surgery, please call Dr. Wohlrab's office at 910-295-0265

Dr. Wohlrab

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