

Surgery Center of Pinehurst 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 three to four times daily and elevate your knee during this process.

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.

Surgical Dressing/Sutures:

Keep dressing clean and dry to prevent infection. You may remove the dressing after 24 hours. You may shower or bathe once you have removed your knee dressing. Do not scrub your incision site or apply any type of soaps, ointments or creams.

Activity:

You may bear as much weight on your operative knee as you can tolerate, unless instructed otherwise. Use the crutches until you can walk normally.

Follow-up Appointment:

It is important to keep your scheduled follow-up appointment. If your scheduled appointment time is inconvenient for you, please call my office so that we can re-schedule your appointment.

If you have any problems or questions after your surgery, please call Dr. Moore's office at 295-0224.

Dr. Moore