

5 FirstVillage Drive
P. O. Box 2000
Pinehurst, NC 28374-2000
910-295-6831
www.pinehurstsurgical.com

 **PINEHURST SURGICAL**
e x c e l l e n c e i n p r a c t i c e
Surgery Center of Pinehurst

Knee Arthroscopy Home Care Instructions

GENERAL & BARIATRIC SURGERY

RAYMOND G. WASHINGTON, M.D.
FABIAN E. ALZAMORA, M.D.
H. WILLY CHU, M.D.
DAVID W. GRANTHAM, M.D.
REID C. VEGELER, M.D.
BAILEY SANDERS, M.D.

EAR, NOSE & THROAT, HEAD & NECK

CARL W. BERK, M.D.
JEFFERSON K. KILPATRICK, M.D.
WYMAN T. MCGUIRT, M.D.
WALDEMAR L. REFKOHL, M.D.
MATTHEW R. GRAFENBERG, M.D.
JUSTIN D. MILLER, M.D.

WOMEN'S COMPREHENSIVE HEALTH

STEPHEN A. SZABO, M.D.
WILLIAM V. TERRY, M.D.
LISSETTE MACHIN, M.D.
SHAYNA S. JONES, M.D.
TAYLOR MCCAULEY, M.D.
RYAN B. NANCE, D.O.

UROLOGIC SURGERY

ROBERT J. CHAMBERLAIN, M.D.
GREG L. GRIEWE, M.D.
MANLIO A. GOETZL, M.D.
JOHN R. MICHALAK, M.D.

VASCULAR AND VEIN CARE

CLINTON K. ATKINSON, M.D.
PAUL A. VIETA, JR., M.D.
GLENN FUSONIE, M.D.
DAVID ADAMOLEKUN, D.O.

OPHTHALMOLOGY

MILES W. WHITAKER, M.D.

ORTHOPAEDIC SURGERY

MARK E. BRENNER, M.D.
WARD S. OAKLEY, JR., M.D.
NEIL A. CONTI, M.D.
JOHN R. MOORE, IV, M.D.
DAVID E. STROM, M.D.
DAVID J. CASEY, M.D.
KURT P. WOHLRAB, M.D.
DANIEL M. WILLIAMS, M.D.
CHRISTOPHER M. JOHNSON, M.D.
JAMES T. MARINO, M.D.
TONI A. WASHINGTON, M.D.
DANIEL M. WILLIAMS, MD
ALEXANDER C. LEMONS, M.D.
LYNN M. FRASER, M.D.

PLASTIC & FACIAL PLASTIC SURGERY

RUSSELL B. STOKES, M.D.
JEFFERSON K. KILPATRICK, M.D.

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

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:

A prescription pain killer will be provided and is usually needed for the first few days after surgery. It may cause nausea and constipation. Please take the medication with food and drink plenty of fluids to stay hydrated. If you experience severe nausea with the medication, please contact the office. Do not drive as long as you are using pain medication.

Surgical Dressing/Sutures:

Keep dressing clean and dry for 72 hours. You may remove the dressing on the third day after your surgery. Once you take the bandages off there will be steri-strips over the incision, leave these on until post-op visit unless they fall off on their own. While the dressing is still on, tape or tie a large plastic bag around your dressing in order to take a shower. Once the dressing is removed on the third day, you may shower without covering the area. Do not submerge bandage or incision in water such as swimming or in a tub. Keep the area clean and dry once bandages are removed.

Follow-up Appointment:

Please keep your scheduled post-operative appointment or call us if it is inconvenient so that we can reschedule it.

Things to watch out for and call the office about are:

Bleeding: if the bandage becomes soaked or the bloody area is larger than the size of a hand

Fever: above 101

Pain: unrelieved by the pain medication

Difficulty breathing

If you have any problems or questions after your surgery, please call Dr.

Wohlrab's Triage Line at 910-621-3791. After office hours at 910-715-1000 and ask for the Pinehurst Surgical Orthopedic Doctor on call. Our Afterhours Clinic is also available to walk in Monday-Friday 5PM-7PM, Saturday 9AM-11AM and Sunday 1PM-3PM.