

**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 for 48 hours, 20 minutes on and 20 minutes off during waking hours.

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 and/or constipate, so drink plenty of fluids. **Do not drive** a vehicle or operate machinery as long as you are taking pain medication.

Surgical Dressing/Sutures:

Keep dressing clean and dry to prevent infection. Do not remove dressing. Occasionally the dressing will slip down, exposing the incisions. If this occurs, you can cover the incisions with bandaids and re-wrap the ace. The dressing/sutures will be removed at your scheduled follow-up visit. When showering, tape or tie a large plastic bag around your dressing. Don't swim, bathe, or soak dressing.

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. At this appointment your dressing will be removed, incision inspected, and removal of any sutures/staples will be performed. Any further therapy and/or instructions will also be given at this time.

If you have any problems or questions after your surgery, please call Dr. Brenner's office at 215-2508.

Dr. Brenner