

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 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 if so directed. While the dressing is still on, tape or tie a large plastic bag around your dressing in order to get into the shower unless you are allowed to remove the dressing on the third day. Once the dressing is removed on the third day, you may shower without the plastic bag.

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 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. Conti's office at 910-295-0230

Dr. Conti