

Surgery Center of Pinehurst

Home Instructions for Knee Arthroscopy

The degree of discomfort and swelling you will experience depends on what was actually done inside your knee. The following guidelines are to assist you in the first few days after surgery and should answer some of the questions you may have.

Bandages: The leg that was operated on is wrapped with cotton bandages and covered with an ace wrap. This is to provide compression and decrease swelling. If the bandages become too tight, you may unwrap the outer (ace) wrap and re-wrap it more loosely. We will completely remove the bandages in the office at your follow up appointment. If you are in an immobilizer, do not remove it until our staff does so at your follow up appointment. Do not get the bandages wet, as it may cause significant itching.

Activity: We recommend limiting your activity for the first 48 hours after surgery. Walking should be limited to what is necessary and reasonably comfortable. You may put weight on the leg that was operated on, but you will need to use crutches, a walker or cane, whatever is most comfortable for more assistance. We also advise that you elevate the leg with a pillow under your ankle for the first 48 hours as well. This will help to decrease the amount of swelling you may have in the foot and ankle.

Medication: A prescription of a strong pain killer (hydrocodone with acetaminophen) will be provided and is usually necessary for the first few days after surgery. It may cause stomach upset, nausea and sometimes even constipation. Please eat prior to taking the medications and drink plenty of water to stay hydrated. After a few days, Tylenol or Ibuprofen can be used. If you experience severe nausea with the medicine, please contact our office for further instructions/prescriptions.

Follow up appointment: This appointment will be with Dr Oakley . We will remove the bandages and sutures, examine the incisions and review your surgery.

Arthroscopy is surgery and can be associated with post-operative complications. Things to watch out for and contact the office are:

Bleeding: Some bleeding is **NORMAL**. However if the bandage becomes soaked or the bloody area is larger than the size of a hand, please contact the office.

Fever: Temperature of more than 102 degrees.

Pain that is unrelenting and/or increasing.

Difficulty breathing or calf pain.

If you have any problems or questions after your surgery, please call Dr. Oakley's office at 910-295-0209. If it is after hours, call First Health Moore Regional Hospital at 910-715-1000 and ask the operator to page Dr. Oakley or the provider on call for him.

Dr. Oakley