

## **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. While the dressing is still on, tape or tie a large plastic bag around your dressing in order to get into the shower. 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. Wohlrab's office at 910-295-0265**

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**Dr. Wohlrab**

**Office: 910-295-0265**