

## Knee Arthroscopy

### Post Operative Protocol

- Dr. Biggs routinely visits patient's family in the waiting room as soon as he is done with the operation. At that time he explains what was done and if things went as expected. Further questions regarding the procedure are welcome and encouraged at the first postoperative visit.
- **Wound Care**
  - The dressing can be removed 48 hours after the surgery. You can then wash with warm soapy water. Do not soak the incision until you see Dr Biggs in the office 7-10 days postoperatively. Normally the sutures are under the skin and will dissolve up to 6 weeks after surgery
  - Inspect your wound daily. Do not hesitate to contact the staff at JRI if you have increased drainage or excessive bleeding that is not controlled with application of ice, elevation and rest. Also monitor for increased redness, chills, calf pain or swelling not controlled by elevation
  - The Ace wrap is necessary to reduce the risk of blood clots. If it is necessary to unwrap do to discomfort, please re wrap with less tension making special care to re-wrap the foot. This will prevent unneeded swelling in the foot.
  - Shower: 2 days
  - Drive: 1 week
  - Jog/Exercise: 2-3 weeks
- **Activity**
  - Movement is GOOD. As with any surgery, pain will limit how much activity you can handle, but you have no restrictions. Please be aware extended standing or walking during the first few days after surgery will increase the amount of swelling and pain you experience. Crutches may be necessary the first few days after surgery and remember to elevate your knee above the level of your heart when you are sitting down.
- **Post-Operative Visit**
  - 7 to 10 days after surgery is the first post-operative visit. Your wound will be checked and it will be a good time to ask any questions that are not answered on the sheet.

\* Physical Therapy may be necessary after a knee arthroscopy. Home exercises like those attached on the sheet, may suffice. Those who have extensive surgery or develop postoperative stiffness may need to be enrolled in physical therapy

- Back to normal means different things to every patient. It is directly related to the nature of the surgery and the work that was done intra-operatively. Internal healing can take three months. Each patient will have a different return to activity
- Pain is a normal part of the post-operative experience. Do not hesitate to take the prescribed pain medication when you need it. Other modalities may include ice, elevation and rest. If you become constipated from the pain medicine, an over the counter stool softener is recommended.(i.e. Senekot or Milk of Magnesia)