

## Care After Knee Arthroscopy

### Activity

- Keep the leg elevated as much as you can for 48 hours to reduce swelling. If you are lying down, rest the leg on 2 or more pillows. Use the pillow to support the length of the lower leg, keeping the knee straight. Do not let the leg hang down.
- You will have TED stocking or an ACE wrap over incisions. A TED stocking will also be placed on your non-operative leg. You can remove the TED stocking from the non-operative leg in 24 hours when you are up with your crutches. The ACE or TED on the operative leg can be removed in 48 hours and you can shower.
- You may use ice to lessen the pain and swelling. Put an ice pack on the knee for 20 minutes. After 20 minutes take the ice off. You can put the ice on again after 1 hour.
- Slowly increase the amount of weight you bear (pressure) on the leg, (unless your doctor has given you other instructions). Slowly return to your normal activity level. Use crutches until you can walk comfortably.
- You should begin the home exercise program in **24 hours**. (Instructions are included.)  
You will discuss Physical Therapy for after surgery during your pre-op clinic visit.

If your meniscus is stitched (repaired) you will be locked in a brace using crutches for up to 4-6 weeks after surgery. Your doctor will discuss this with you.

### Incision Care

- Do not soak your knee in any standing water (hot tub, pool, bathtub, lake) until your incisions are completely healed and no scab remains. This usually takes at least 4 weeks after your surgery).
- Change the Band-Aids® daily. Use the Ace wrap or TED stocking for comfort and swelling if needed until your follow-up visit or until told otherwise.
- If you have steri-strips (thin white tapes) instead of stitches, leave them in place until they start to peel off in about 7-10 days.

### Dr. Spiker and Dr. Scerpella

- After 2 days, you can remove all of the dressing and shower. Cover the incision with a plastic wrap such as Glad Press n Seal or a plastic bag with the edges taped down.

**Do not let the water run under the plastic wrap or bag. Continue to keep your Incision's dry until your follow up appointment; you will receive further instruction at that time.**

### Dr. Baer and Dr. Walczak

- After 2 days, you may remove all of the dressings and shower. You may shower with no plastic wrap, allowing the incisions to get wet.

### Pain Medicine

You may be given pain medicine, such as Hydrocodone with Tylenol for after surgery. You may also be given an anti-inflammatory such as Ibuprofen or Naproxen to reduce

swelling and pain. Take the anti-inflammatory as instructed. If you have problems with the medicine call the clinic. Follow the instructions given to you by your pharmacist. **Do not drink alcohol or drive while on opioid pain medicines.**

### **When to Call the Doctor**

Call if you have any of the symptoms listed below.

- Red, hot incision
- Foul smelling drainage from incision
- Temperature above 100.4° F for readings taken 4 hours apart
- Bleeding which increases over an hour's time
- Calf tenderness or swelling, or a warm, reddened area noted in the calf of either leg

### **Follow-Up Care**

You will be scheduled for a follow-up clinic visit with your doctor. Please call if you have any questions or concerns.

### **Sports Medicine Clinic**

Monday-Friday 8am-5pm

**608-263-8850**

**After hours** call the clinic number and your call will be forward to the paging operator. Ask for the orthopedic resident on call. Leave your name and phone number. The doctor will call you back.

24 Hour Toll Free Number

**1-844-607-4800**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©12/2017. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4262.