

What To Expect After Surgery

KNEE ARTHROSCOPY

Post-Operative Care

- You will be on crutches for comfort, but able to put weight on the involved leg as tolerated.
- You may discontinue the use of your crutches as you feel comfortable.
- Ice the area several times per day for 20 minutes at a time (minimum of 20 minutes between sessions)
- Use the ace wrap for compression until the swelling has resolved, usually 1-2 weeks; start at the toes and work up; ok to convert to calf-high compression socks and knee sleeve after dressing change at 5 days.
- You should be able to return to work/school as soon as you feel comfortable, likely 2-3 days.
- Do not get the incisions wet until your post-op visit. Cover with waterproof bandages for bathing

Pain Control

- Ice, elevation and compression will help control swelling and pain
- We recommend you take the pain medication as prescribed for the first 24-48 hours, then decrease as tolerated.
- Even with pain medication, some discomfort is normal, however if you are experiencing a significant increase in pain, please notify our office at (828) 258 8800 ext. 3700
- You should receive a prescription for pain medicine, muscle relaxer, aspirin, stool softeners, and anti-nausea medication before leaving the hospital

Infection Prevention

- Infection prevention is always one of our primary goals.
- You received an antibiotic through your IV at the time of surgery and will not need an oral antibiotic unless otherwise specified.
- It is normal to have swelling, discomfort, some heat around the surgery site, a low grade fever (<100 degrees), and clear/pink drainage.
- Notify our office if, after 24 hours, you have marked and sudden increase in swelling, pain, or heat in the joint or white/yellow discharge or persistent fever >100 degrees

Physical Therapy

- You will begin physical therapy on the first business day after surgery – during the first session, the primary goal should be pain and swelling control and beginning to work through the prescribed rehabilitation protocol.
- Your first physical therapy appointment will be scheduled by our physical therapy coordinators. They will speak with you the morning of surgery to determine your physical therapy location, will make the first appointment and will fax the necessary paperwork to the therapy facility. You will also receive a copy.
- Physical Therapy is typically recommended 2-3 times per week for 4-8 weeks.

Follow-Up

You will receive a blue post-op folder before leaving the hospital:

- Follow-up appointment for 10-14 days
- Surgery pictures will be sent to email of your preference and will also be discussed at follow up visit.
- Post-op Discharge Instructions

****We recommend that you do not drive until you have been off pain medications for 24 hours and feel like you can do so safely, without putting yourself and others at risk****

If you have any questions or concerns, please contact EmergeOrtho at (828) 255 8800 ext 3700