

WHAT TO EXPECT AFTER ARTHROSCOPIC KNEE SURGERY

- It is normal to have swelling and discomfort in the knee for several days to a week after surgery.
- **Apply ice bags or use the cryotherapy device you were given to control swelling.** Ice should be applied 30 minutes at a time, every hour or two. Put a thin towel or T-shirt on your skin if using ice in a plastic bag. Icing is most important in the first 72 hours, although many people find that continuing it lessens their postoperative pain weeks after surgery.
- If you had a nerve block, the local anesthetic may keep your leg numb for several hours. You will be given a prescription for pain medication when you are discharged from the hospital. Please take your pain medication with food. If you find that you do not tolerate it well, please call our office.
- Do not operate machinery or vehicle while taking your pain medications. Take your pain medication with food and be aware of the common side effects associated with narcotics which include: nausea, dizziness, urinary retention and constipation. Narcotics will not routinely be refilled after office hours (Mon.-Thurs.) and on Fridays or weekends. Please allow 2 days for processing.
- We recommend that you take 1 aspirin (81 mg) daily for the 1st 2 weeks following your surgery.
- **KEEP THE LEG ELEVATED.** This will prevent swelling and help decrease pain. The leg must be elevated higher than the level of your heart. Use crutches as indicated by your discharging nurse.
- **PUMP YOUR ANKLES UP AND DOWN.** This should be done several times an hour to keep the blood circulating in your leg and to help prevent blood clots from forming.
- Keep the post-op dressing clean and dry. Unless it becomes wet or too tight because of swelling, leave the bandages in place for at least two days. **REMOVE YOUR BANDAGES TWO DAYS AFTER SURGERY.** Cover the small incisions with Band-Aids thereafter. Antibiotic creams are not necessary. You may shower 72 hours after your surgery, but keep the incisions dry with a dressing for the first 5-7 days. **Do not submerge your incisions directly** until at least 3 weeks post-op.
- Should you have superficial sutures, they will be removed within 1 week of your surgery.
- We would like to see you back in the office approximately 1-2 weeks after surgery. If you don't have your first post-op visit scheduled, please call our office to make one.
- **Start your postoperative rehabilitation / physical therapy right away if indicated with a physical therapy prescription.** Your physical therapy program is important to a successful outcome. It should be started within the week of your surgery. Rehabilitation protocols may be found @ www.ScottMartinMD.org. Physical Therapy is not required for simple knee arthroscopy.
- If you experience continued incision drainage, redness, calf pain w/swelling, fever please call our office or the On-Call MD after hours @ 617-732-6660.
- You may eat a regular diet, if not nauseated. Avoid alcoholic/caffeinated fluids and smoking.
- Plan to take a few days off from work.

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