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Diagnosis:

Procedure:

Knee Arthroscopy

Following your surgery, you will be aware that your knee feels different; there will be discomfort as the local anesthetic agent wears off. You should expect to see swelling and perhaps some bruising when you remove the dressing. You may also have clear or blood tinged fluid from the puncture sites for 24-48 hours after surgery; this is normal.

- **If you develop calf pain with walking, moving your ankle or direct pressure, please notify the office at once.**
- If you notice any significant redness, irritation or discomfort around any of the puncture sites or in any way feel that they might be becoming infected, please contact the office immediately.

Post Operative Instructions:

- Two days after surgery, please remove the bandages and dressing but not the skin tape or staples that are closing the puncture.
- You may shower quickly and dry your knee thoroughly. Do not submerge your knee in a tub.
- Do not swim or use a hot tub, whirlpool or any other communal facility until the puncture sites are well healed, approximately two weeks after surgery.
- The day after surgery, start taking one aspirin per day for 2 weeks.

At your first postoperative office visit, we will discuss knee exercises, physical therapy, operative findings, appropriate strengthening and follow-up care. This visit is usually scheduled 7-14 days after surgery. **If you cannot keep this appointment, please call to reschedule.**

Unless you are told otherwise, you may begin to put weight on your leg the day after surgery and, using pain as your guide, increase it as comfort allows. When you are able to bear full weight with little or no pain and without a significant limp, you may discontinue the use of your crutches.

You may begin leg lifts and bending and straightening exercises immediately after surgery. You may increase these activities over the next few days to whatever can be done comfortably. It is also important to tighten the quadriceps muscle on the front of the thigh and hold it tight for five (5) seconds many times a day. If you are given a brace or splint after surgery, you will receive instructions about its use.

A certain amount of swelling is to be expected during the first few days. Elevating your leg and applying ice for 15-20 minutes at frequent intervals may make you more comfortable and reduce the swelling. If blisters begin to form beneath the skin tapes, remove them gently and apply band-aids. **Do not puncture the blisters.**

Should any other questions or concerns arise, please call the office.