

## What To Expect After Surgery

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### 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.
- 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 when 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 (334)793-2663.
- You should receive a prescription for pain medicine 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, therefore will not need an oral antibiotic.
- 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.
- Keep incisions covered with a clean, dry bandage.

#### Physical Therapy

- You will begin physical therapy on the first or second 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 need to be scheduled prior to surgery. We will assist you to determine your physical therapy location, 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 3-4 months

#### Follow-Up

- Your follow-up appointment will be 10-14 days after surgery.
- 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.