

Inland Orthopaedic Surgery & Sports Medicine Clinic

Charles A. Jacobson, M.D.

Seven E. Pennington, M.D.

Edwin M. Tingstad, M.D., PLLC

Dr. Tingstad's Post-Operative Instructions for Knee Arthroscopy

Here are some things to keep in mind after your knee scope with Dr. Tingstad:

Dressings:

- Keep bandage clean and dry for 4 days. After this time you may remove the bandage and replace with band aids over the incision sites.
- Leave the steri-strips on as these will fall off on their own. Do not attempt to trim or cut stitches.
- After 7 days you may shower without scrubbing over the incision sites. Do not submerge knee in tub or pool until stitches come out at your post-operative appointment.
- It is normal to have some swelling and discomfort for a few days to weeks after surgery.
- It is normal to have some fluid discharge from incision sites for first 4-5 days.

Medications:

- You will be given two prescriptions – one to control pain and one to control inflammation.
- The pain medication should be taken as necessary and can be substituted for Tylenol or acetaminophen. Do not take the pain medication in conjunction with Tylenol or acetaminophen.
- The medicine to control inflammation should be taken as directed through the full course.
- Do not drive while on narcotic pain medicine.

Ice Packs:

- Icing is very important for pain and inflammation control. For first 7 hours ice continuously on front and back of knee. After this time 25 minutes 4 times a day for 4 days is adequate. Always ice with knee elevated.

Weight Bearing:

- You may begin putting weight on your leg as soon as is tolerated unless otherwise instructed by Dr. Tingstad or discharge nurse.
- Continue to use crutches for support/balance until you have progressed to full weight bearing.

Activities/Exercises:

- Rest and elevate your knee for first 48 hours. It is best to elevate with a pillow under your ankle or calf so that your knee can be straight.
- Quadriceps contractions: 5-10 per hour, push knee into bed, tighten thigh muscles
- Straight leg raises: 5 per hour
- You may begin riding a stationary bike 4-5 days after surgery to start helping with range of motion.

Concerns:

- Call our office if you experience any of the following:
 - o Fever over 101 degrees
 - o Excessive bloody wound drainage
 - o Yellow, green or foul smelling drainage
 - o A large red area around incisions
 - o You suspect an allergic reaction to medications or dressing materials. This could include shortness of breath, rash, redness, hives, etc.
 - o Severe tenderness or numbness in the leg. If you had a nerve block you can expect some numbness in your leg the first day.