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POST OP KNEE ARTHROSCOPY with MENISECTOMY v1.1

You are recovering from arthroscopic knee surgery. The following instructions are to help make your recovery as rapid and successful as possible. This information is designed to answer some of the most frequently asked questions regarding what to expect and what to do after arthroscopic knee surgery. These are general guidelines, if you have any questions or concerns, please call our office: 24/7 (404) 355-0743.

1. Keep your knee elevated above your heart as much as possible for the next few days.
2. Keep your dressing on for 3 days. Do not get it wet. You may shower by wrapping plastic wrap over your dressing. After 3 days, the bulky bandages may be removed. Keep the white Band-Aids, known as “steri-strip” tape, on your incisions. After 72 hours from surgery, you may shower and pat dry your incisions.
3. Postoperative bleeding is not unusual. Reinforcing your dressing is permitted.
4. You may apply ice packs to your knee 30 minutes on/off as needed to help with pain and swelling. We recommend icing in this manner for the first 48-72 hours.
5. You may walk with your crutches placing full weight on your leg. Remember that the surgery will cause your thigh muscles to be weak, so take your time and be safe. Additionally, if you received a nerve block from anesthesia, you will need your crutches until sensation and strength return to your leg.
6. Your postoperative therapy begins on the day of surgery. Initially, you should perform ankle pumps (up and down motion), straight leg raises, and thigh isometric muscle contractions. There is no limit to the amount of these exercises you may do. No therapy should cause sharp pain. Stop all activities that cause this kind of pain.
7. The only activity you should absolutely avoid is deep knee bends or squats.
8. Postoperative pain is common but should be controlled by the prescriptions given to you. Narcotics frequently cause itching and this can be treated with a non-drowsy over-the counter antihistamine (Zyrtec, Allegra, Claritin etc...) or Benadryl if needed. Narcotics can also cause constipation. If you are using a narcotic pain medication, it is recommended that you take an over-the-counter stool softener daily, such as Colace. If you have not had a bowel movement in 2 days, you should use a laxative of your choice to help facilitate a bowel movement.
9. Anti-nausea medication, such as Zofran, is often prescribed. Take this medication as needed.
10. You should take one 81 mg aspirin (baby aspirin) twice a day for 6 weeks to reduce the possibility of blood clots. Call your doctor’s office below immediately if your pain worsens or you have worsening calf or foot swelling.
11. You should take 1000mg of Tylenol (2 extra-strength tablets), every 8 hours for the first 5 days after Surgery. Do not take Tylenol if you have a history of liver disease or allergy.
12. We recommend Ibuprofen 400-600mg every 8 hours at the same time you take your Tylenol to help control pain and swelling.
13. Call your doctor’s office for any fevers greater than 101.5 F
14. Present to the nearest emergency room for any chest pain, shortness of breath, intractable nausea/vomiting, pain, or any other concern.
15. You will be seen in the office 3-5 days after your surgery. Please call my clinical assistant – Sarah Williams ATC if you do not already have an appointment: (404) 355-0743 ext.1615