

Name: [Click here to enter text.](#)

DOB: [Click here to enter a date.](#)

Knee Arthroscopy

Post Operative Instructions

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Medications

***Pain** (Tylenol with codeine, Tramadol, or Talwin)

You have been prescribed a strong narcotic analgesic for pain. Take regularly as prescribed and as needed for pain. A common side effect of this medicine is constipation. Please make sure you add fiber or a stool softener if necessary and drink plenty of fluids to help avoid this.

***Non-Steroidal Anti-Inflammatory** (Ibuprofen)

Unless otherwise directed, take Ibuprofen 600mg every 8 hrs with food for the first 7 days following surgery. ***Do not take this medicine if you are taking a blood thinner (Plavix, Coumadin), or have a history of an ulcer, bleeding disorder, kidney problems or drug allergy.***

***Antibiotic** (Keflex, Clindamycin)

If prescribed, please take this medicine as instructed.

***Antiemetic** (Phenergan)

This medicine should help if you are nauseated after your procedure. If you are unable to keep this medicine down please call the office as there may be an alternative.

Diet

Keep to a light diet the day of surgery. You may advance to your usual diet the day after surgery.

Activity

Keep your leg elevated. Try to keep your leg (knee and foot) above the level of your head as much as possible for at least the first 7 days after surgery. Be sure to move your ankles up and down (ankle pumps) to keep circulation moving in both your calves. *A good rule of thumb is a set of 20 every 20 minutes while awake.* You may move around on your crutches when you are comfortable. **Do not bear weight on your operative leg until your first post-op visit.** Work on patellar tendon and patellar mobility. You may progress to weight bearing after your post-op visit. Further instructions regarding this will be given at your first postoperative visit.

Cold Therapy

You may have been sent home with an Iceman for your knee. Use frequently for the first 10 days after surgery. Make sure pad does not directly touch skin.

For questions and problems with the Iceman call Texas Brace System 817-416-7400, 24 hour on call line.

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Dressing Change

Unless otherwise directed, your dressing will be changed at your first post op visit.

Showering

Do not get the dressing or your incisions wet. You may use an occlusive dressing (plastic bag, plastic wrap, tape) until otherwise directed.

Physical Therapy

Will likely start after your first post-op visit. Prescriptions and instructions will be given at that visit.

Post Operative Appointment:

We would like to see you on [Click here to enter a date.](#) at [time]. Your appointment will be with [Choose an item.](#) If this date does not work for you, please call the clinic to reschedule.

Precautions

Pain, bruising, tightness, and/or swelling in the knee are common symptoms to expect after surgery. However, **if you experience any signs of calf pain, please call our office immediately to speak with a provider.**

To Do List:

- ✓ Ice for Iceman
- ✓ Garbage bags and tape for shower