
Post-Operative Instructions: Knee Arthroscopy

Medications

- **Pain Medications:** Your pain medication regimen is individualized and based on your allergies, medical history, and current medications. Please try to minimize your use of narcotics/opioids. Your goal should be to gradually decrease the use of pain medication over the next week. **Only take these medications for severe pain!**
- **Constipation Prevention while taking narcotic medication:** Narcotic medication can cause constipation. To avoid constipation, take the prescribed stool softener (i.e. sennakot, Colace) twice daily while on pain medication. You may also need to take a laxative such as MiraLAX daily until normal bowel function returns.

Incision Care

You will have bandages covering your incision after the procedure. Keep these dressings clean and dry. The bandages may be removed 48hrs after surgery and the sutures may be left open to the air. Some drainage from the wounds in the first 48-72 hours is normal. If drainage is excessive you may change the dressings with sterile gauze. Sterile gauze can be obtained at any drug store. When showering, cover the incisions with plastic wrap. **Do not apply any creams or ointments to the incision.**

Activity

Following surgery, apply ice and elevate your knee for 20 minutes at a time three to four times daily. Unless instructed otherwise, you may place as much weight on the operated leg as comfort allows and use crutches for support as needed.

- **Driving:** No driving if taking narcotic pain medications.

Follow-Up: Follow up in 2 weeks with Dr. Shield. If you do not already have an appointment, please call 813-684-2663 to schedule your post-operative appointment.

Medication Refills: We need 48 hours of notice to process medication refills. We are unable to re-fill prescriptions after normal business hours or on weekends.

Common Problems

- **Difficulty Sleeping:** Most patients report more pain at night than during the day; resulting in difficulty sleeping. You may try to incorporate over the counter sleep aids such as Benadryl or melatonin per package recommendations.
- **Leg & ankle swelling:** You may have some swelling in your operated leg that should gradually decrease. If swelling occurs, lie down, rest, and apply an ice pack for 20 minutes.
- **Pain:** Pain may be a result of over-activity. **When you experience an increase in pain sit or lie down, elevate your legs, and rest.** If the pain does not subside, take the pain medication prescribed for you. Pain is a protective mechanism that helps to prevent over-usage and should not be ignored.
- **Call our office at 813-684-2663 if you experience one of the following:**
 - Temperature of 101° or higher
 - Drainage from your incision
 - Increasing redness around your incision
 - Increasing pain around the incision, unrelieved by pain medication
 - Excessive calf pain or thigh pain and swelling that does not go away with rest or elevation.