

# Knee Arthroscopy

## After Visit Summary

This is general information. See your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

## Your Procedure

During a knee arthroscopy, your health care provider will use a scope to look inside your knee and may also repair your knee.

## What to Expect After the Procedure

- The incision sites may be bruised and sore.
- Your knee may be swollen.

## Before the Procedure

- Tell your health care provider if you:
  - are pregnant
  - have a latex allergy
  - have diabetes
  - take a blood-thinner medicine.
- Remove any jewelry or piercings.
- Arrange to have someone drive you home. You will not be able to drive after the procedure.

## Pain Relief

- Elevate (raise) your leg with two pillows so your leg is higher than your heart for 24 to 48 hours after surgery. This will help reduce swelling.
- Use a cold pack for pain relief.
  - Place a clean, dry towel on your knee.
  - Put the cold pack on the towel.
  - Leave the cold pack on for 20 minutes at a time.
  - Use the ice pack 3 times a day for 2 days.
- Take any prescription or over-the-counter medicine as directed.

## Activity

- Get regular activity. Try to walk for a total of 30 minutes a day.
  - Start by walking for 5 to 10 minutes at one time and slowly build to walking 30 minutes.
  - Walk often. Try to walk at least 4 to 5 times a day.
  - Increase the amount you walk as you are able.
- Use crutches or a brace as directed.
- Put weight on your leg as directed by your health care provider.
- Avoid contact sports or heavy activity until you get an OK from your health care provider.

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- Your health care provider will tell you when it's OK for you to shower, drive, return to work, exercise, lift and have sex.
- Alternate rest and activity.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

## Incision Care

- If you have trouble standing, you may need to use a special shower chair or stool for your safety.
- Do not soak in a bath tub.
- Steri-Strips® (paper-like tape) may have been placed on your incision. They can get wet in the shower. You may peel them off after 7 days.
- Follow any directions your health care provider gives you.
- If your wound has staples, follow your health care provider's directions.

## Food and Beverages

- Eat well-balanced meals. Follow any instructions your health care provider gives you.
- Drink at least 6 to 8, 8-ounce glasses of water or other non-caffeinated liquids.
- Avoid alcohol while you are taking prescription pain medicine.

## When To Call Your Health Care Provider

Call your health care provider if:

- you have a temperature of 101 F or higher
- you have calf pain and tenderness
- you have changes in circulation:
  - increasing tingling and numbness in your knee, leg or toes
  - unable to feel or move toes
  - pale blue, white or abnormally cold toes
- you have new pain or pain you can't control
- you have signs of infection at your incision site:
  - pain
  - swelling
  - redness
  - odor
  - warmth
  - green or yellow discharge
- you are unable to get out of bed
- you have nausea (upset stomach) or vomiting (throwing up) that won't stop
- you have any questions or concerns.

## Follow-up Appointment

Keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.