

Post Operative Instructions
Knee Arthroscopy
Jason Browdy, M.D.

You have just had a knee arthroscopy. Following these guidelines should give you the best chance for a quick recovery.

Diet: Advance to solid food as tolerated.

Bandages: In 48 hours, you may remove your dressings and place small band-aids over the incision sites. You will leave the surgery center with a thigh high compression hose on each leg. Please continue to use these for two weeks after surgery to prevent blood clots. You may remove them for an hour or so several times a day. After two weeks have passed, you do not need to continue using the compression hose, but you may chose to use one on the operative leg, as the compression hose is an excellent way to keep swelling down.

Bathing/Shower: You should keep the surgical site dry until the incision is fully healed. This generally takes 7-10 days. You should consider sponge bathing for the first 7-10 days after surgery. Once the incision is fully healed, as determined by Dr. Browdy, you may get your incision wet in the shower, but you should avoid submerging under water until you are four weeks out of surgery.

Activity: Unless specifically told otherwise by Dr. Browdy, you may bear weight on your operative leg immediately. Generally speaking, it is best to keep your activities "bland" for the first week after surgery. It is a good idea to get up and move around frequently around your home to prevent blood clots. However, whenever you happen to be sitting or lying down, please elevate your leg as high as tolerated to minimize swelling and throbbing.

At your first office visit, Dr. Browdy will discuss a gradual return to activities.

Medications: Dr. Browdy will prescribe an analgesic medicine to be used after surgery. Occasionally, pain medicine can cause nausea and/or constipation. You will be given a prescription for anti-nausea medicine. You do not need to fill this prescription, but keep it handy in the event you need it.

Medications (cont.): Unless advised otherwise, please start taking a full Aspirin a day after surgery for three weeks to help minimize the risk of a blood clot. If you cannot tolerate taking Aspirin, please notify Dr. Browdy and his staff.

Comfort Measures: We encourage you to be up and mildly active. However, whenever you are not up specifically doing something, you should keep your leg elevated above the heart level for at least the first three days after surgery, and perhaps longer if needed.

As part of the recovery process following surgery, Dr. Browdy highly encourages his patients to use a motorized cold therapy machine (a.k.a. cryo unit). The unit is beneficial for the entire post-operative course by reducing pain and swelling during recovery and throughout physical therapy treatment. The machine will give 6-8 hours of continuous cold therapy to the affected body part. If you elect not use a cryo unit, you may use a large bag of ice. In either case, keeping the knee cool will help significantly reduce swelling and pain. If you have an ice machine with a thermostat, do not let the temperature go below 45 degrees, as frostbite can occur.

Problems: Please contact Dr. Browdy's office if you have any of the following:

1. Severe Pain
2. A Temperature above 101 Degrees
3. Pain, redness or significant swelling in your knee or calf (a bruised appearance is normal)

Please call us if you have **any** questions.

Appointments You will need to see Dr. Browdy for a follow-up appointment 7-10 days after surgery. Please call the office to make this appointment.

Phone Numbers: Motion Orthopaedics: 314-991-2150. For any urgent need after normal business hours or on weekends you may call the after hours line at 1-888-456-8166.

Medication Refill Policy: **It is the policy of Motion Orthopaedics that narcotic medications will only be refilled during office hours. Please be patient with the office staff. If you call during patient hours, your call may be returned at the end of the day.**