

MARSHALL L. COOK, M.D.



ARTHROSCOPIC SURGERY
ORTHOPAEDIC SURGERY
SPORTS MEDICINE

POST KNEE ARTHROSCOPY PROTOCOL

Keep your original wound dressing clean and dry. Your discharge instructions will tell you when you may remove the dressing and use band aids over the sutures.

For the first 48 hours after surgery ice should be applied on top of the dressing at least 3 times a day for 20 minutes to help reduce pain and swelling. Use the ice in a leak proof container to avoid getting the dressing wet.

Elevate the leg on two – three pillows under the calf, not the knee. Try to get up and around each day, even if for brief periods.

Move the foot and ankle, as stepping on and off the gas pedal while the leg is elevated to aid circulation. (Move the foot each time a commercial comes on.)

How much weight you may put on the leg and how much you are allowed to bend it will be specified in your discharge instructions

Pain medications should be taken no more than 4 times daily. This is to ensure that they will last the required 7 days before another prescription may be authorized. After the first week you should taper off and by three weeks totally off of medication.

For prescription refills, please call your pharmacy and have them call/fax the refill request. Please allow 24 hours for this office and your pharmacy to process the request.

Cough and deep breathe every 2 hours while awake to help prevent the lungs from becoming congested and to help keep down any fever.

It is normal to have a low grade fever (100-101) for the first 4-5 days following surgery. Usually patients are sent home on antibiotics for 2-3 days. Call the office about any fever if it is associated with steadily increasing pain, chills or shakes, or if the temperature is over 101.

You should schedule your rehab appointments starting a week after surgery with the Physical Therapist of your choice. If you do not know one, we can provide a list of therapists to you. The prescription will be in your discharge papers.

After surgery, when out in the sun, protect your incision from sun burn.
If any further questions, please call the office.

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