



ANDREAS SAUERBREY, M.D.

Instructions following Knee Arthroscopy

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Follow-up Appointment:

- Call **970 879-6663** to schedule your appointment next week in Steamboat, Craig or Rock Springs.
- Your sutures will be removed and if indicated, you will receive physical therapy prescription.
- Your work restrictions and return to work time frame can be discussed.

Diet:

- Regular diet as tolerated.

Medication Regimen:

- Use pain medicine as directed and as needed. You will usually be given Percocet/Norco for pain. These contain Tylenol as well as narcotic medicine.
- Refer to your prescription bottle for directions.
- You may take ibuprofen (Advil/Motrin) in addition to your narcotic.
- Do NOT take additional Tylenol.
- Do not drive while taking narcotic pain medicine.
- Narcotic medication can be constipating so we recommend using Miralax or Milk of Magnesia as directed on the bottle.

Ice:

- Ice regularly applied to the knee can help with pain control and swelling.
- You may apply ice over the dressing for 20-30 minutes at a time.
- Continue using the ice for the first 7-10 days.

Activity:

- You may weight bear as tolerated unless otherwise specified however using crutches for a day or two may be more comfortable.
- Range of motion as tolerated unless otherwise specified.

Exercises:

- The following exercises are recommended for the early post-operative period...
 - Ankle pumps – moving the ankle up & down.
 - Straight Leg Raises

Wound Care:

- Remove the dressing on the third day after surgery and shower.
- Place bandaids over the stiches.
- No soaking in a pool or hot tub until stiches have been removed and there are clean scars and no scabs.
- Do not put any ointment or salves on the wounds such as Neosporin.

Prophylaxis against blood clots:

- To prevent the development of a blood clots, you will be given TED hose stockings.
- You should wear these on the operative leg until your follow-up appointment.
- If you have a history of blood clots or additional risk factors for developing a clot, you may be asked to take blood thinners such as aspirin, Lovenox or Xarelto.

You can expect the following:

- Blood stained dressing
- Bruising around the incision
- Increased pain on the 2nd day
- Throbbing pain after keeping the leg dependent

Call the doctor if any of the following are present:

- Increased swelling or numbness
- Unrelenting pain
- Fever or chills
- Continuous drainage from a wound
- Continuous bleeding from a wound
- Difficulty breathing
- Inability to urinate
- Excessive nausea or vomiting

If you have any questions or concerns, please do not hesitate to call us at 970-879-6663.