

Arthroscopy

The following instructions are provided to assist you with planning your self care and recovery after your operation.

1. You must have a responsible adult accompany you home and stay with you overnight.
2. Plan on getting an adequate amount of rest for a few days following your operation. Return to normal activity gradually. Try to remain off your feet as much as possible for the first 48-72 hours to reduce swelling. It is not unusual for the joint to be swollen with fluid and/or air. Keep your leg elevated when sitting. You may put weight on your leg as tolerated unless otherwise instructed. Wear tensor bandage when up and about.
3. You are advised that you should not operate a motor vehicle, machinery, or perform any tasks requiring skill, co-ordination or judgment, or make any legal decisions within 24 hours after your operation.
4. Take all of your regular medications as you took them before your operation, unless instructed otherwise.
5. Take pain medications as prescribed. Try to avoid constipation by eating high fiber foods, drinking plenty of fluids and use a stool softener or mild laxative if needed. Your local pharmacist can be of assistance in choosing these products.
6. Resume your regular diet as tolerated. Do not drink any alcoholic beverages including beer and wine, or use any recreational drugs 24 hours after your surgery.
7. It is important to have emptied your bladder (passed your urine) within 6 hours of returning home. If not, return to the Emergency Department of the nearest hospital.
8. You may notice that the solution used to cleanse your skin for surgery has coloured your skin. This will wash off with soap and water.
9. Keep wound dry. You may remove bulky dressing in 48-72 hours and you may shower if there is no drainage from your incision. After showering wear the tensor bandage only when you are up and moving about.
10. If you have steri-strips (tapes) they will fall off over a 2 week period; please let them fall off on their own rather than removing them.
11. You may apply ice packs several times a day for 20 minutes at a time.

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12. After 72 hours you can sit with your knee bent, do leg raises and knee bends several times a day. Avoid sports and athletic activities until discussed with your surgeon.

13. Contact your Doctor or seek medical attention if any of the following occurs:

- Signs of infection, including fever and chills
- Redness, swelling, increasing pain, excessive bleeding, or discharge at the incision site.
- Cough, shortness of breath, chest pain
- Pain that you cannot control with the medication that you have been given.
- Nausea and/or vomiting that you cannot control or which persist for more than two days after your surgery.
- Pain and/or swelling in your feet, calves or legs.

If you have any concerns:

... call your surgeon/doctor,

... or call Telehealth 1-866-797-0000

... or come to the Emergency Department at Georgian Bay General Hospital

14. The day after your surgery call your Surgeon's office for your _____ week(s) follow-up appointment:

Specific Instructions:
