

FLORIDA JOINT CARE INSTITUTE

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Post-Operative Instructions after Knee Arthroscopy

You should already have an appointment for suture removal in our office within 2 weeks of surgery. If not, be sure to call and schedule one.

- Leave your post-operative dressing on for 2 days. After 2 days, you may remove your dressing and apply a clean, dry dressing. Daily dry dressing changes are recommended.
- You may take a shower, however be sure to cover the sutures with saran wrap so they do not get wet. Do not soak in a tub or go swimming.
- Please keep your incision sites clean and dry. Do not apply any ointments to your incisions.
- Elevate the affected knee with two pillows UNDER THE ANKLE as tolerated for swelling and pain control.
- Apply ice daily for swelling and pain control as needed. You should use ice at least 3 to 4 times daily for 15 to 20 minutes each time. Apply as soon as possible. Make sure to wrap ice in a towel as a barrier to keep your dressing dry.
- Despite great care, any incision can become infected. Contact the office immediately if you develop fever, chills or redness to the incision sites or drainage from the incision sites.
- You were given a prescription for physical therapy when you scheduled your surgery. Please arrange for physical therapy to begin the day following your surgery.
- You were given a prescription for pain medication following your surgery. Please take pain medication as prescribed.

A REGISTERED LIMITED LIABILITY PARTNERSHIP FOR ORTHOPAEDIC SURGERY

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