

STEPHAN J. SWEET, M.D., M.P.H.
A Professional Corporation
Sports Medicine, Arthroscopy, & General Orthopedic Surgery

POST OPERATIVE INSTRUCTIONS - KNEE ARTHROSCOPY

WOUND CARE

- You may remove the Operative Dressing on Post- Op Day #2.
- Apply Band-Aids to the wounds. Please do not use Bacitracin or other ointments under the bandage. An ACE wrap may be used to help control the swelling. Do not wrap the ACE too tight.
- Use Ice or the Cryocuff as often as possible for the first 3-4 days, then as needed for pain relief. Do not wrap the ACE too thickly or the cold may not penetrate.
- You may shower on Post- Op Day #2. Please cover the incisions with plastic while you shower. Gently pat the area dry. Do no soak the knee in water. Do not go swimming in the pool or ocean until cleared by Dr. Sweet.
- Crutches are provided for comfort. It is safe to put weight on the leg. When you feel comfortable walking without the crutches you may do so (on average 3-5 days).

EXERCISES

- Keep your leg elevated with a pillow under your calf, **NOT** under the knee
- Please perform the exercises on the attached Home Exercise Program 2-3 times daily:
 - Towel Roll Under Heel
 - Isometric Quadriceps Strengthening
 - Straight Leg Raise
 - Seated Active Assisted Range of Motion Exercises

POSTOP

- You will be given three prescriptions for pain you to use post-operatively:
 - NAPROSYN, an anti-inflammatory medication, is to be used twice a day with breakfast and dinner, for the first seven days after surgery
**** IF YOU HAVE HISTORY OF AN ULCER OR DIFFICULTY USING ANTI-INFLAMMATORIES OR ASPIRIN >> DO NOT USE**
 - Norco or Percocet, strong narcotic, to be used only on an "as needed" for pain in addition to the Naprosyn.
 - Colace, a stool softener, if you're experiencing constipation.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

FOLLOW-UP

- Please call the office to schedule a follow up appointment for your wound check 10-14 days post-operatively

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE