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POST-OPERATIVE INSTRUCTIONS FOR PATIENTS HAVING ARTHROSCOPIC KNEE SURGERY

You should have a post-op appointment scheduled for one week from your date of surgery. If you have not scheduled this appointment please call our office immediately to arrange a time when we can remove your bandages and stitches.

A special ace wrap dressing has been applied to your incision to keep it clean and control swelling. If the ace wrap seems too tight you may loosen it slightly.

Leave the gauze dressing in place until your first post-op visit. You may shower 48 hours after surgery but keep your dressing dry by covering it with plastic wrap.

Keep your leg iced and elevated to control swelling and pain, especially for the first 3-5 days. Use pillows to elevate the leg above the level of your heart. Use ice packs wrapped in cloth for 20 minutes out of every hour or so.

Start post-op exercises the day after surgery to keep your knee flexible and strong. These include thigh presses, leg lifts, and heel slides as pictured in your pre-op booklet. Do several repetitions of each exercise 2-3 times each day.

Pads and wires for your electric stimulation unit were placed under your dressing. Turn the electric stimulation device on for at least 20 minutes out of every 2 hours while you're awake to relieve pain and control swelling.

You have been provided with crutches to use for the first few days in needed. As soon as you are able to tolerate walking without the crutches you can do so – most patients are able to do without them within a day or two.

Use all of your anti-inflammatories and pain medications as directed. This is particularly important for the first few days after surgery. Remember that it's always easier to prevent pain from becoming severe than it is to relieve severe pain.

If you have any concerns or questions contact our office at 510-839-0584.