

# Postoperative instructions

## Knee arthroscopy

### Your return home

- Remove your dressing in:
  - 1  3  5  10 days
  - at your follow-up.
- Remove the little white dressings (Steri-Strips™) in:
  - 7  10 days
- Keep your elastic bandage (Tensor™) on 24 hours a day until you remove your dressing. Following the removal of your dressing, wear the beige elastic during the day only, for one week.



- Put an ice pack over the wound site for a maximum of 20 minutes per hour.
- Showering is permitted once you take off your dressing.
- No baths or pools are permitted for ten days.

### Physical activities

- Walking and climbing stairs is permitted.
- Keep your leg elevated as much as possible during the next few days.
- No driving for 24 hours after surgery, or longer if you are taking pain medication, or according to your doctor's instructions.
- No sports permitted until you see your surgeon for your post-op visit.

### Pain control and constipation prevention

- Take your prescribed medications regularly or take Tylenol™ and Advil™.
- Drink prune juice and/or take Metamucil™. If this is not effective, take one tablespoon of Milk of Magnesia daily until you start having regular bowel movements.

### Call your doctor or visit your nearest Emergency Department if you have:

- redness, swelling, numbness and tingling of the affected limb;
- hardening or discharge (other than blood) of the incision;
- fever and chills;
- increase in pain;
- pain and heat in your calf and/or;
- sudden shortness of breath.

**Note: It is common for women's menstrual cycle to be irregular in the weeks following general anaesthesia.**

### Next appointment:

Date:

Time:

Physician:

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### To reach the Orthopaedic Clinic:

1<sup>st</sup> level, C wing, room 175

Telephone: 613-746-4621 ext. 2747

Please call on the day following your surgery to book your appointment.

Notify 24 hours in advance for cancellations

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