

Postoperative instructions

Knee arthroscopy

Please follow your surgeon's instructions if they differ from the following statements

Your return home

- Remove your primary dressing in five days.
- Remove the little white dressings (Steri-Strips™) in seven 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 every two or three hours.
- You may shower after 24 hours and pat your knee dry.
- No baths or pools are permitted for one week.

Diet

- You may resume your normal diet when you get home.
- Increase your liquid and fibre intake to prevent constipation.

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 or PEG 3350 (polyethylene glycol) such as Restoralax, Lax-a-day or Clearlax 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.

Questions after your surgery? Please contact the Orthopedic Clinic

1st level, C wing, room 181

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