

## Postoperative instructions

### Arthroscopy



hopitalmontfort.com

5100197 (14-01)

#### 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:



Hôpital  
Montfort

#### To reach the Orthopaedic Clinic:

1<sup>st</sup> level, C wing, room 175  
713 Montreal Road, Ottawa, Ontario  
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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