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POST-OPERATIVE INSTRUCTIONS

ARTHROSCOPIC I&D

Activity

- Try and rest the first few days following surgery. When sitting or lying down be sure to keep your leg elevated up above the level of your heart to help decrease swelling.
- **Ice** or the **cryo-cuff** can be used as much as possible for the first 3-4 weeks to help decrease swelling.
- You may bear full weight on the operative knee as tolerated. Use crutches/cane for support for the first 3-5 days and then gradually wean yourself off and walk normally.
- Gently flex and extend your knee to prevent post-operative stiffness.
- Try to limit any strenuous activity until instructed by Dr. Day.
- Driving is not recommended when taking narcotic pain medication.
- Return to (sedentary) work or school the day after surgery if pain is tolerable. Return to heavy labor or excessive ambulatory activities will be determined by Dr. Day.

Dressings

- Remove the dressing 48 hours after surgery. Clean the surrounding skin with sterile water or rubbing alcohol and cover the sutures loosely with band-aids or a clean dressing. Wrap the knee in an ACE wrap (snug, not tight). Be sure not to vigorously rub over any of the incision sites as they are still healing.
- Small amounts of bloody drainage, numbness at incision site, knee swelling, and bruising are normal findings following surgery.
- Do not use any ointments on the incisions.

Showering/Bathing:

- You may shower after 48 hours after returning home. You can allow soap and water to run down the incision. There is no need to cover the wound while in the shower.
- You should not scrub the incision. Pat the incision dry with a towel after showering.
- If wound drainage is noted, you should **sponge bathe instead of showering** until the drainage resolves.
- No submersion in water, including a bath, Jacuzzi, lake or swimming pool for six weeks and until given clearance by Dr. Day.

Medication

- Take pain medication as prescribed
- As the pain gradually improves you may transition over to Extra-Strength Tylenol which is a strong non-narcotic alternative for pain. **Do not exceed 4,000 mg acetaminophen in 24 hours from all sources.**
- You have also been prescribed an **anti-inflammatory** to help with post-operative swelling
 - Mobic – Please take 1 tab once a day with food for the first 3 weeks following surgery
- You have also been given a prescription for an oral antibiotic which you should take as we await the results of your fluid cultures.
- If you have any side effects (i.e. Nausea, rash, trouble breathing) from medication discontinue its use and call our office.

Physical Therapy / Activity

- Please withhold from therapy until further notice.

Follow Up

- You have likely already been scheduled for your first post-operative visit. If you have not received an appointment please contact the office to schedule an appointment 3-5 days after your surgery.
- You will be seen by Dr. Day or his Physician Assistant for your first post-operative visit to review your intra-operative findings and to go over any questions you may have.
- The need for additional antibiotic treatment or repeat washout will be determined at that time.
- Call the office immediately if you develop a fever (>101.5), chills, excessive incision drainage, calf pain, or increased numbness in leg.
- If you have any questions or concerns please feel free to call the office.

Home Knee Exercises

- Perform straight leg raises, ankle pumps and extension exercises, 15 repetitions, 3 times per day as tolerated
- Low resistance stationary bicycle may be used if desired



