



ARLINGTON ORTHOPEDICS

Knee Arthroscopy FAQ's

Frequently Asked Questions

- ❖ **Can I take a shower?** At 72 hours after surgery, you may remove the dressings and take a shower. You may allow the knee to get wet, but do not allow the water to hit you directly on the incisions. No immersion in the water is allowed until 21 days post op (after your surgery). This means no soaking in the bathtub, hot tub, whirlpool, swimming pool, or in the ocean.
- ❖ **Can I Drive?** If surgery was performed on your left leg and you drive an automatic transmission vehicle, you may drive 3 days after surgery as long as you are not taking narcotic pain medication. If you had surgery on your right leg, or drive a manual transmission, you may drive once you have adequate strength in that leg. This usually occurs between 7 and 10 days after day. We recommend you test your driving ability in an empty parking lot with supervision until you determine whether or not you can drive safely.
- ❖ **When do I start therapy?** If therapy is needed, it will begin after your first post-operative visit. You will be given a script for therapy and should call therapy for an appointment immediately after your first post-operative visit. Therapy can be done anywhere that is convenient and paid for by your insurance. A list of facilities is available.
- ❖ **Do I need crutches?** UNLESS OTHERWISE INSTRUCTED, we encourage full weight bearing immediately post op. This means that you may put FULL WEIGHT on the leg. YOU DO NOT NEED CRUTCHES. We prefer that you put weight on the leg to maintain strength and to encourage healing. If you need crutches to steady yourself, then we will provide them for you.
- ❖ **Do I need pain medication?** Most patients use narcotic pain medication for several days following surgery, and then change over to Tylenol or Advil. Some patients may require pain medication at night for a longer period of time. The use of ice may reduce the need for medication. We recommend you use ice for no more than 20 minutes with at least one hour between applications.

- ❖ **My leg hurts! I thought I would be better right away!** Most patients expectations following a knee scope are that they will be back to normal within a day or two. This is NOT what most people experience. Although some people feel much better right away, many people notice they are not back to normal for 8 weeks or more. This is especially true for those who have "wear and tear" and degenerative findings. The knee can be swollen and sore for several weeks. Please do not judge the effectiveness of the surgery until you have given the knee ample time to recover from surgery.
- ❖ **How long until I can do normal activities?** Common sense is the rule. In most cases you can not damage the knee by doing too much, however you CAN make it hurt and swell. If you do something that makes it hurt and swell don't panic. You probably overdid it. Use ice and rest the knee.
- ❖ **What should I worry about?** The most serious complication that can occur after arthroscopy is a blood clot in the calf. This is easily prevented is you can avoid lying around after surgery and instead walk around a little more. Some muscle soreness in the calf is normal because you are walking in an unusual way following surgery. If you have swelling in your whole leg, redness and exquisite tenderness in the calf, you might have a clot. This complication is rare, but should be taken seriously. As always, if you are concerned, please call the office. Use suns block on your incisions from 3 weeks post op until 6 months post op to prevent scaring.
- ❖ **When will my appointment be?** Routine post op appointments occur at 7-14 days after your surgery for stitch removal and to arrange physical therapy. A further follow up appointment may be made for you during this visit.
- ❖ **Can I get a note for work or school?** Notes for missing work or school are available upon request.