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Orthopedics & Sports Medicine  
4 West Street  
West Hatfield, MA 01088  
413-586-8200

## Postoperative Instructions Arthroscopic Knee Surgery

### 1. Medication

- Pain control – A prescription will be given to you with your discharge instructions. Take the medication as directed. Narcotic medications tend to slow the bowels. Colace® is a stool softener that can be purchased over the counter and can be taken twice a day to help alleviate these symptoms.
- Blood clot prevention – A daily aspirin will help prevent blood clots in the leg. Take one regular aspirin (325 mg) every morning for 2 weeks after surgery, if you are not allergic or prohibited by your regular doctor.

### 2. Wound care

- Ice and elevate (above your heart) your knee. This will alleviate the swelling.
- You may put as much weight on your leg as tolerated unless instructed otherwise.
- Make sure that you are comfortable using your crutches before you leave the hospital.
- You may remove your dressings and shower 48 hours after surgery. Replace bandages on all wounds for the following 2 days.
- Do not submerge (bath tub, pool, hot tub, etc.) your surgical wounds until after the stitches have been removed.
- Your stitches will be removed when you come in for your follow up appointment in 10-14 days.

### 3. Follow-up appointment

Please call the office shortly after surgery to confirm your follow up appointment for about 10-14 days after surgery. At this appointment, we will:

- review the surgery and discuss rehabilitation and activity restrictions.
- discuss your therapeutic goals and course.

### 4. Problems

If you have any urgent concerns or questions, please call the office. Your surgeon or the physician on call will get back to you as soon as possible.