



## Post-Operative Instructions

### Knee Arthroscopy

#### WOUND CARE

- Remove surgical dressings three days after your surgery. Please leave the steri-strips covering the surgical sites intact.
- After removing the dressings, shower as normal letting warm soapy water run over the incisions.
- Do NOT submerge your incisions in water (i.e. in a bath tub or pool).
- A small amount of drainage from the surgical site(s) is common. If this occurs, cover area with a Band-Aid. If there continues to be drainage, call the office 401-218-6005.
- Swelling in the affected extremity is common. To decrease swelling, elevate the affected extremity above the level of your heart, and ice 20 minutes on/20 minutes off at least 3 to 4 times a day.

#### ACTIVITY

- You will be given crutches and taught how to use them before you leave the hospital. Use the crutches for however long you feel necessary until you are able to walk independently without difficulty.
- Practice straightening and bending your knee. Typically, physical therapy is not mandatory after surgery; however this can be discussed at your first post-operative appointment based on your progress.
- Begin to use a stationary bike or elliptical once your pain is under control and you feel comfortable (usually 1 week following the procedure).
- To help reduce swelling, elevate the affected extremity several times throughout the day above the level of your heart, and apply ice 20 minutes on and 20 minutes off at least 3 to 4 times a day.
- At about four weeks post-surgery, you may gradually resume normal activities such as running or weight lifting.

#### PAIN MANAGEMENT

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If you have any further questions or concerns, please contact our office during business hours, Monday-Friday 8AM-4:30PM. We will return all calls within a 24 hour business day period. Our office can be reached at 401-218-6005. If this is a medical emergency, please call 911 or report to your local emergency department.



- TAKE YOUR PAIN MEDICATION AS PRESCRIBED ON THE BOTTLE.
- If you have used a particular pain medicine (Percocet or Vicodin) that has worked well for you in the past, please inform your physician or PA prior to the procedure.
- For instructions on refilling a prescription, please read our **Prescription Refill Policy**.
- Use Ibuprofen (ex. Advil) 200-800mg up to four times per day to help with pain and swelling in addition to narcotic pain medicine. **(Do not exceed greater than 3200 mg of Ibuprofen daily)**
- Call the office if you continue to have uncontrollable pain.
- If you are taking narcotic pain medication (Percocet or Vicodin), we recommend a stool softener to prevent constipation. Over-the-counter medication such as Docusate or Milk of Magnesia is recommended.

## EMERGENCIES

Call the office (401-218-6005) if you experience:

- Numbness in toes
- Pain uncontrolled by pain medicine
- Painful swelling not improved with ice and elevation
- Incision(s) opens
- Increased redness at surgical site
- Uncontrollable drainage
- Fever > 101° F for 24 hours or shaking chills
- Difficulty breathing

## FOLLOW-UP CARE/QUESTIONS

- You should have a post-operative appointment scheduled two weeks after your surgery. If not, please contact the office to schedule an appointment (401-218-6005).



## **Prescription Refill Policy**

**401-218-6005**

Our office requires **72-hour business hours for all prescription requests**. We are unable to write prescriptions on an emergency basis, so please monitor your medication carefully. Do not wait until you are completely out of medication to request a refill. We process requests in the order they are received.

Your request requires **one clear and detailed message on 401-218-6005**, with your full name, date of birth and best contact information. You will receive a call back the day before your script will be made available to you. **If you have not received a call or voicemail, your request has not been processed.**

**PLEASE NOTE: If you are currently being followed by another doctor for pain medication, please have an open line of communication with their office, as we do not prescribe for long-term pain management. We will only prescribe to patients for a short period of time after surgical procedures. If you feel as though you will need to continue to take controlled medications after our treatment is complete, you will be referred back to the existing prescriber or a pain management facility.**

*Thank you in advance for your patience and cooperation.*