

Knee Surgery



Knee Arthroscopy examines the joint with the use of an arthroscope. The scope is inserted into the joint through tiny incisions. Using a camera, the scope sends an image of the joint to a monitor, which lets the surgeon see the joint more clearly.

ACL Reconstruction is a common surgery that reconstructs the ACL (anterior cruciate ligament) after a tear. It involves replacing the torn ligament with new tissue.

Diet

- Clear liquids and then advance to your usual diet.

Medications

- Your doctor will prescribe pain medication for home use. Use as directed. You will need less pain medication as you recover.
- Resume your regular medications unless instructed otherwise at discharge.
- You may be instructed to take two aspirin tablets daily for 4 weeks to reduce the change of blood clots.

Activities and restrictions

- You will be instructed on crutch use and weight bearing restrictions by your doctor.
- Do knee/leg exercises as instructed by your doctor or physical therapist.
- You will have a leg brace after the ACL reconstruction. The brace will be locked in flexion and extension as ordered by your doctor. Maintain locked position when walking.
- You may have post-operation physical therapy appointments to assist you with your exercise program.
- Keep your knee elevated when sitting or lying to reduce swelling and pain for 48 hours after surgery.
- Gradually increase your activity level and plan rest periods.

Wound Care

- There will be several small puncture wounds on your knee after the arthroscopy. The dressing may be slightly blood-tinged the first day or two. This drainage is normal.
- Keep the knee dressing clean and dry. You will be given instructions when you may remove it and when you may resume showering.
- If you have small pieces of tape across your incision, do not remove them.
- Apply ice for 48 hours or until swelling has subsided.
- Continue to wear your white ted stockings until your doctor tells you it is no longer necessary. Remove them twice daily for 30 minutes and reapply. They may be machine-laundered.

Reasons to contact your physician

- Excessive redness, swelling, drainage or foul odor from your incision
- Temperature elevation over 101 degrees for more than 2 days
- Increased swelling, numbness or tingling
- Discomfort not controlled by medication
- Skin irritation or burning under or around your dressing
- Leg swelling, calf tenderness or increased pain
- Chest pain, shortness of breath or any respiratory problems such as unusual sputum
- Any other questions or concerns