

# ***Athroscopy Examination and Arthroscopic Surgery***

***Dr. Southcott***

*Here is some information for you to take home*

Your judgment may be affected by the anesthesia and medications you were given in hospital. **For the next 24 hours, DO NOT** drive a car, operate machinery/power tools, drink alcohol or make any important decisions or sign any legal documents, take sedatives or any pain pills other than what is given to you in hospital.

After discharge, you must go home and rest for the remainder of the day.

## **PAIN:**

You may have an aching type of pain for three to ten (3-10) days. The amount of pain varies with each patient.

- Take pain pills as directed
- **Under no circumstances drink alcohol while using pain pills**
- **Avoid taking pain pills on an empty stomach**

## **SWELLING:**

- Rest periodically with leg raised on a pillow, chair, stool, especially the first two (2) days after surgery.
- Ice packs to the knee for the first twenty-four (24) hours will help reduce the swelling.

## **ACTIVITY:**

- You may walk with or without crutches (as directed)
- Wait bearing as tolerated
- Your doctor or physiotherapist will advise you when to discontinue crutches
- Do straight leg raising (as instructed) one hundred (100) times a day to maintain muscle strength (i.e. ten (10) times per hour for ten (10) hours or twenty (20) times for five (5) hours.)
- Bend knee as much as possible without pain, climb stairs, bicycle
- Resume your natural activity gradually
- Avoid squatting (deep knee bends) or twisting of the knee for two (2) weeks after surgery
- Walking will not damage the knee, but excessive walking in the first seven to ten (7-10) days, especially prolonged walking, running will cause increased swelling and aching

**DRESSING:**

- Forty-eight (48) hours after surgery, you may remove and re-apply elastic support if necessary
- Apply elastic support snugly, but not so tight that circulation is restricted to lower leg or foot
- Continue to wear elastic support until there is no longer swelling of the ankle (approx. two (2) weeks)

**SHOWERING AND BATHING:**

- No showering until follow-up appointment.
- DO NOT soak in tub or whirlpool until puncture wound is healed. This will be after your first follow-up appointment.
- There is no need to attempt to wash off yellow discoloration, as this prep does not dissolve with soap and water – it will wear off in time.

**RETURN TO WORK/SPORTS:**

- Manual work: three to four (3-4) weeks or as discussed with Doctor
- School/Office: two to three (2-3) days
- Return to sports: two to three (2-3) weeks or as discussed with Doctor

**POTENTIAL PROBLEMS:**

Your knee may remain swollen and uncomfortable for several days. If excessively painful, hot or swollen, if you experience calf pain or if you develop a fever: *CONTACT DR. W.P. SOUTHCOTT'S OFFICE AT 519-336-4100* or Family Doctor, or go to the Emergency Department at Bluewater Health.

***Questions for your Doctor / Other Instructions:***

---

---

---

---

Call Dr. Southcott's Office the day after your surgery to arrange your follow-up appointment.

APPOINTMENT DATE: \_\_\_\_\_

APPOINTMENT TIME: \_\_\_\_\_

*Revised: October 2011*