



Michael W. Burris, M.D.
12201 Renfert Way, Suite 355
Austin, TX 78758
Phone: 512-617-1989
Fax: 512-617-2065
capitalcityortho.com

Post-operative Guidelines

Knee Arthroscopy

You have just undergone arthroscopic surgery of the knee. These are general guidelines for your post-operative care including pain management. Please follow any other instructions specific to the procedure you had performed that may have been given to you or your family.

Pain Management

You may experience significant discomfort depending on the extent of the procedure performed. The pain medication that has been prescribed to you should be taken as needed and may be required more frequently during the first two days after surgery.

Narcotic pain medication may have side effects such as nausea and constipation. If constipation becomes a problem you can purchase a stool softener such as Colace or equivalents (equivalents may be substantially less expensive) at a pharmacy. If constipation continues the next step is to try a laxative such as Dulcolax, which can also be purchased without prescription. Attempt to take your pain medication with food. If nausea is significant please contact your physician.

Ice is a very effective way to treat pain. You may have been provided with an ice pack and cooler at the time of surgery. Standard ice packs are also fine. You can use ice as much as you like during the day. Avoid placing the ice directly onto your skin and do not sleep with an ice pack on. Ice is also particularly helpful for discomfort after rehabilitation, or as you increase your activities.

Activity

Unless you were otherwise instructed, you can walk on the operative leg. Crutches may be used for assistance. Performing ankle pumps (moving the foot backwards and forwards) and tightening up your quadriceps muscle with your leg straight should be started by the day after surgery. Straight leg raises (the knee should be completely straight) should be started within the first few days after surgery. Do not over exert yourself, as this may cause increased pain and swelling. If you notice increased swelling in the foot and ankle region, elevate your foot. Activity should be gradually progressed.

Bandages

Mild drainage from your incisions which may show through the bandages frequently occurs and is normal. Your initial bandage may be changed between 48-72 hours after surgery. Do not remove the small white strips over the incisions. You may shower after removing the bandage, gently rinsing the operative area with normal soap and water. Do not submerge or soak the operative site. Gently dry the area and recover with a new bandage (gauze pads, Ace wrap) if there is any continued drainage, if you will be going outside, or if you just prefer to have it covered. Otherwise you can leave the knee uncovered.

Follow-up

If you have not already been scheduled, please call the office to schedule an appointment for approximately 1 week following your operation.

Other

Low grade fever below 101° F is not uncommon after surgery. Tylenol or the narcotic pain medication prescribed which also contains Tylenol may be taken as needed for fever. Please call the office at 512-617-1989 if you have higher temperatures or other concerns.