

**AUSTIN BONE AND JOINT CLINIC  
PROFESSIONAL ASSOCIATION**

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**POSTOPERATIVE ARTHROSCOPY INSTRUCTIONS  
IMPORTANT - PLEASE READ**

• **DESCRIPTION**

During arthroscopy, an arthroscope is inserted into the joint, and the joint is inspected. Appropriate procedures are carried out, according to the abnormalities found. The findings will be discussed with you at your first postoperative visit in the office.

• **KNEE ARTHROSCOPY**

You will probably experience some pain and swelling in the joint postoperatively. In addition, you can expect some drainage of bloodtinged fluid from the small incisions over the next 2-3 days. The bulky dressing that is applied postoperatively can be removed at 48 hours and either replaced with bandaids or a new clean dressing. The area around the small incisions can be cleansed with alcohol. When the dressing is changed, please reapply the elastic wrap.

For the first 2-3 days after the surgery, elevate the leg with the knee and foot higher than the hip. An ice pack can be applied to the knee on a periodic basis.

The day after surgery begin simple leg lift exercises. These are done lying on your back. Be sure to bend the other knee to prevent back pain. The exercises are done by tightening the thigh muscles with the knee as straight as possible, then lift the leg 2-3 inches off the ground, hold for five seconds, lower leg, and relax. Repeat. Do 30-50 repetitions twice a day.

You may put some of your weight on the operated leg, but not all of it. Therefore, crutches will be needed. Please use the crutches, at least until your first postoperative visit.

• **SHOULDER ARTHROSCOPY**

A few special items need to be emphasized for shoulder arthroscopy. The shoulder is fairly swollen after arthroscopy for the first 24-48 hours. The incisions are usually left open to allow for drainage. The dressing will probably need to be changed 2-3 times in the first 24-48 hours, when it becomes wet. Cleanse the skin around the portals with alcohol and reapply a sterile dressing.

• **GENERAL INSTRUCTIONS**

When bathing, keep the surgical area dry.

Pain medication will be prescribed for you. Take medication as needed for pain. Do not exceed recommended dosage. For nausea, vomiting or itching, take over the counter Benadryl capsules, 25.0 milligrams, one or two every six hours.

If any unusual problems develop on the weekend or after office hours, the physician on call can be reached through the Medical Exchange, 458-1121.

• **FOLLOW UP APPOINTMENT**

Please call the office the day after surgery to arrange for an appointment in 7-10 days.

Special Instructions: \_\_\_\_\_

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