



Post-operative Instructions for Arthroscopy

David S. Gazzaniga, MD

Name: _____ Surgery Date: _____

Procedure: _____

Follow-up Appointment: _____

Post-op care:

If you have any questions about your post-operative care then please call during business hours to 949-722-7038.

Dressing Changes:

- Keep the dressing on until _____.
- Change dressing gauze every other day or daily if they become soiled. Keep in place with stocking.
- Do not touch, remove or apply ointment to the steri-strips that are over the incisions. After 14 days these may be removed.
- You may shower after 72 hours when the wound is completely dry, but if there is still drainage then you must wait until this has stopped. There is no submerging of the wounds underwater for 2 weeks.
- At every dressing change evaluate the wound for excessive drainage, redness around the wound, increased pain and temperature. These are signs of infection and you should call the office immediately.

Sutures:

- Your sutures are absorbable, and do not require removal. If other sutures are used for some reason then you will be informed. At times the end of the absorbable suture will be visible. If this is the case with you then it will eventually fall off as the suture is absorbed.

Crutches:

- Weight bearing as tolerated _____
- Partial weight bearing _____ % for _____ weeks
- Toe touch weight bearing _____ for _____ weeks
- Non-weight bearing for _____ weeks

Brace:

- Under most circumstances a brace will not be used for arthroscopy. If you have one then you will be given specific instructions. For routine ACL surgery then the brace is on for 6 weeks unlocked.



Compression Stocking:

You will have a compression stocking on when you arrive in the recovery room that you need to wear for the first week straight. This serves both to hold your dressing in place, but also to help prevent blood clots. A clot in your leg after arthroscopy is a rare complication, but can be very problematic. Signs of a clot would include calf pain, swelling, and redness. Please call if you feel these are symptoms you are experiencing.

Range of Motion:

- FULL _____
- LIMITED _____ EXT _____ FLEX _____

This is the single most important goal immediately after surgery. This is facilitated by reducing the swelling, and moving the knee.

- Elevate diligently after surgery especially the first 48-72 hours.
- Ice your knee 5-6 times each day for the first 5-7 days.
- Call if you have any difficulty regaining range of motion.

Rehabilitation:

Please follow my rehabilitation protocol closely regardless of where you do your physical therapy. You are now on the road to recovery, but remember the surgery is the easy part.