

Vincent R. Avallone, Jr., D.O. – AO Orthopedics

Post Operative Patient Information for Arthroscopic Knee Surgery

Arthroscopy: Your operation was performed by arthroscopic surgery. The inside of your knee was visualized with a small telescope, and surgery was performed with special micro-instruments. No large incisions were made, but you will have several small points of entry.

Dressing: A soft dressing and compressive ace wrap have been applied to your leg. Although the dressing may become moist or blood stained, this is not usually a cause for alarm. Do not remove the dressing. Keep the dressing dry and clean.

Pain: Upon discharge, you will be given a prescription for pain medication. Elevation of your leg will decrease swelling and pain. Ice should also be applied then as needed 2-3 times daily for the first 2 days (48 hours).

Wounds: The small points of entry may be sore and develop bruising over the next several days. This is normal and will eventually disappear. The sensation of “splashing” of fluid in the joint is also normal, and will quickly be absorbed.

Bathing: Keep dressing clean and dry. Bathing or soaking should be delayed until after your first appointment.

Activity: Crutches may be needed as instructed by your surgeon. You may stand and walk on your leg, weight bearing as instructed by your surgeon. Begin range of motion / quadriceps exercises post op day #1 to tolerance.

Check-up: You should be checked in our office in one (1) week. Call the office to make an appointment within 2 business days of the surgery. At the time of your first follow-up visit, your wound will be examined and your sutures will be removed. An appropriate rehabilitation program will be started. Any questions regarding your surgery can be discussed at that time.

Precautions: If you develop a fever (101°F or above), sever pain, redness or swelling of your lower legs, please contact our office. You should also frequently check your toes to ensure that they stay warm (compared to the other side), can feel touch and wiggle.