

CARE AT HOME AFTER ARTHROSCOPIC KNEE SURGERY (Dr.Hickey)

How you might feel after your operation

- You may feel nauseated, light headed, dizzy or sleepy for up to 24 hours after your surgery
- You may have a slight temperature for a day or two
- You may feel tired for a few days after your surgery
- Make sure you have a responsible adult stay with you for 24 hours

For 24 hours after your surgery do not.... Drive a vehicle
Operate heavy equipment
Drink alcohol or smoke
Make any important decisions

Incision Care

- Remove your bulky dressing on the 4th day post-operatively unless you are told differently from your surgeon.
- If you have steri-strips on your incision sites, leave them on until they fall off on their own (usually 7-10 days)
- Some swelling of your leg and foot is common. Keeping your leg elevated on pillows when you are resting will help with this.
- An ice pack on your knee (20 minutes on and 20 minutes off) several times a day will help with the swelling and discomfort.
- Be as active as you can within the limits of your discomfort. If the pain increases, slow down on your activity for a day or two.
- Avoid squatting and twisting your knee around for at least two weeks. This allows for healing to happen.
- Check your leg and foot for circulation changes frequently. This includes numbness, tingling or colour changes. Wiggling your toes and moving your foot around helps with your circulation.

Pain and Medication

- Your surgeon will give you a prescription for pain relievers. Take them as instructed by your pharmacist.
- You may take your regular medications again when you arrive home

Nutrition

- Eat light foods for the first day such as tea, toast, soup and jello. Drink lots of fluids. You may increase your foods as you feel better.

Activity and Exercise

- Rest for the first day when you get home. By the next day you will feel more able to move around. This improves circulation and speeds recovery.
- Your surgeon will let you know when to return to work
- Contact your surgeon's office to arrange for a follow up appointment. Sometimes you are given a follow up visit time on the day of your surgery.