

## **Post Operative Instructions Knee Arthroscopy**

At your preoperative consent visit (prior to surgery), medications for after surgery will be sent to your pharmacy. These can (but will not always) include:

Meloxicam (anti-inflammatory)

\*do not take if you have a history of stomach ulcers or kidney disease.

Oxycodone (pain medicine)

Tylenol (anti-inflammatory)

Colace (stool softener)

\*take while you are taking oxycodone (pain medicine) so you do not get constipated.

Pantoprazole

Aspirin

You will take aspirin 81 mg twice daily for one week after your surgery to prevent a blood clot. This is very important.

Please pick these medications up prior to surgery so you will have them at home after your surgery. Please review this list, and make the doctor and/or staff aware of any allergies or issues you have with these medications, or any contraindications. This is very important.

### **PHYSICAL THERAPY**

Physical therapy is a very important part of the recovery process. Therapy needs to be set up **prior to your surgery** and needs to start the day or two after your surgery.

You will be in therapy 3 days per week.

Therapy is important to ensure you have good movement of your leg after knee surgery.

Find your rehab protocol at:

<https://www.toolesportsmedicine.com/>

<https://www.toolesportsmedicine.com/pdfs/knee-arthroscopy-meniscectomy-rehab.pdf>

You do not need a brace after this surgery.

You will use crutches for the first 1-2 weeks after surgery to support your leg.

An ice machine is an optional item you can purchase prior to surgery to help with inflammation, swelling, and pain relief after surgery.

I highly recommend using either an ice machine or well padded ice to help with pain after shoulder surgery.

Do NOT put directly on your skin due to risk for burning your skin.

In regards to the surgical bandage or dressing, it is okay to remove two days after surgery. You can then place a band-aid over the two small surgical incisions.

It is okay to shower after your surgery, but you need to cover the bandage or dressing so that it does not get wet.

Any other questions, please contact the office directly.