



Post-Operative Instructions: Joint Arthroscopy

These instructions provide general guidelines. Your surgeon will give you specific instructions tailored to your procedure. Always follow your surgeon's advice. Contact your surgeon immediately if you have any concerns.

Immediately After Surgery:

- **Pain Management:** Take prescribed pain medication as directed. This may include over the counter pain medications like acetaminophen as directed by your surgeon. Do not drive while taking pain medication.
- **Dressing:** Keep the surgical dressing clean and dry. Report any excessive bleeding or drainage.
- **Ice:** Apply ice packs to the surgical site for 15-20 minutes at a time, several times a day, to reduce swelling. Never apply ice directly to skin; use a thin towel.

At Home:

- **Elevation:** Keep the affected joint elevated above your heart as much as possible to minimize swelling.
- **Activity:** Follow your surgeon's specific instructions regarding weight-bearing and activity restrictions. This will vary depending on the procedure. Generally, avoid strenuous activities for several weeks.
- **Physical Therapy:** Attend physical therapy sessions as scheduled to regain strength, range of motion, and function. Follow your therapist's instructions carefully.
- **Medication:** Continue taking prescribed medications as directed.
- **Hygiene:** Keep the incision site clean and dry. Showering is usually allowed, but avoid submerging the wound in water (baths, pools, hot tubs) until cleared by your surgeon.
- **Signs of Infection:** Contact your surgeon immediately if you experience: increasing pain, swelling, redness, warmth, or pus at the incision site; fever; or chills.
- **Diet:** Maintain a high-fiber diet and hydration to encourage regular bowel movements. Consider using a stool softener or laxative as recommended by your health care provider if you experience constipation.

Follow-up:

- Attend all scheduled follow-up appointments with your surgeon.

Important: These instructions are general guidelines. Your surgeon will provide specific instructions tailored to your procedure and individual needs. Always follow your surgeon's recommendations. If you have any concerns or questions, contact your surgeon or their office immediately.