

SEAN ROBINSON, MD
CAPITAL ORTHOPEDICS

Arthroscopic Ligament Reconstruction
Postoperative instructions

• **Weight bearing**

- You are weight bearing as tolerated after surgery with crutches
 - You will use crutches for the first 2-4 weeks depending on your progress
- Keep your Brace on at all times

• **Movement**

- It is beneficial to change positions often after knee arthroscopy.
- **DO NOT STAY IN BED.** We recommend at least 10 minutes of walking every hour.

• **Sleep**

- Keep your brace on during sleep or the first 2 weeks
- Keep your leg elevated.

• **Ice**

- Use bagged ice **as much as possible** when you get home at intervals of 30 minutes on and off. You should use ice for approximately two weeks. Do not use ice while you are sleeping.
 - Place the ice onto the knee over a thin layer of clothing or a towel, but never directly on the skin.

• **Wound care, Dressings/Bandages**

- Leave surgical bandage on and do not shower for 48 HOURS
- After 48 hours, remove bandages and gauze, but leave steri-strips (white tape) in place during showers.
- Its normal to see bloody soaked fluid on the bandages.
- After showers, leave the incisions open to air with steri-strips in place and gently pat dry. You may place **BANDAIDS** over the incisions
- Do not apply lotions or ointments to the incisions.
- Do not soak incisions in any pool/spa/bath water until 3 weeks after postoperatively or until your incisions are completely closed.

After surgery, call the clinic if you have....

- A fever higher than 101° (38.3° C).
- Changes in your incision: opening, drainage, redness.
- Numbness or tingling or loss of function of your leg.
 - Numbness around the incisions is normal.
- Increased pain or swelling in your calf.
- Nausea or other side effect not controlled by the medications you are given.
- **CALL 911 IMMEDIATELY IF YOU HAVE CHEST PAIN OR SHORTNESS OF BREATH.**