



Dr. Mihalcin's Knee Arthroscopy Post-Op Instructions

Diet: Begin with clear liquids and bland foods, and resume your normal diet as you can tolerate.

Activity: Rest the day of surgery with the knee elevated above the level of your heart as much as possible. Do not place pillows behind the operative knee. Instead, place pillows under the calf or ankle so that nothing is behind the knee.

Ice: Apply ice or a bag of frozen corn or peas consistently to the knee for the first 24-48 hours after surgery. Thereafter, use ice on an as-needed basis. Do not apply ice for more than 20 minutes at a time. Do not apply ice bag directly to the skin. Wrap it in a towel.

Wound care: Wash your hands before and after changing your dressing.

- In 3 days, you may remove the ACE bandage and take a shower. Do not scrub the incisions.
- Do NOT remove the Steri-strips (white paper tape across the incisions). These will fall off on their own or Dr. Mihalcin will remove them in a few weeks.
- Do NOT submerge your incision sites in a bathtub, pool, hot tub, etc. until your incisions are completely healed (3 weeks).

Weight bearing: Unless otherwise instructed, you may weight bear as tolerated on the operative lower extremity, using either crutches or a walker for assistance. You may stop using the crutches or walker when you can comfortably walk (usually 3-5 days) with little or no pain. If you feel like your knee wants to buckle, continue using the crutches/walker.

Brace: If you were given a brace, wear it during the day and at night until instructed otherwise. You may remove it to apply ice, or to shower, 3 days after surgery.

Pain control: In addition to rest, ice and elevation, you can expect to have pain in the knee after the effects of the local anesthetic wear off.

- Use the pain medication you were prescribed on an as-needed basis. This means if your pain is tolerable and not severe, you do not need to take the medication. You can certainly use ibuprofen or acetaminophen for mild pain.
- Pain medication may make you feel drowsy. Do NOT drive, drink alcohol, or perform duties that require concentration or manual dexterity while on narcotic pain medication.
- To avoid the common side effect of nausea, take the pain medication with food.

Driving: Do not drive under the influence of narcotic pain medication. You may resume driving once cleared by Dr. Mihalcin.

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Follow-up appointment: You should have a follow-up appointment already scheduled 1-2 weeks after your surgery. If you do not have an appointment for follow up, please call our office at 559-738-7541 and speak to Irene.

Concerning signs & symptoms: If you have any questions or concerns, contact our office during normal business hours at 559-738-7541 and speak to Pina or Irene. If you have questions after hours or on the weekends, you may be connected to the local on-call orthopedic surgeon.

Call our office if you experience any of the following:

- Persistent fever >101 degrees that does not improve with acetaminophen or ibuprofen
- Persistent wound drainage or excessive redness around the incisions
- Numbness/tingling in the affected extremity
- Persistent calf pain or any shortness of breath



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