Knee Arthroscopy
What to expect after your operation –
Dr. Roger Larson

Symptoms to report to the doctor:

- Calf pain
- Fever greater than 100°F
- Pain not controlled by pain medication
- Excessive bleeding
- Redness or swelling around incision site
- Any problems with the medication such as nausea, rash, itching, or difficulty voiding

Activity

- Elevate operative leg for the first 48 hours.
- Weight bearing as tolerated.
- Use crutches if needed.
- Other activity restrictions: __________________________

Dressing

- May shower after surgery. Keep incision covered with plastic wrap.
- Remove dressing in 48 hours and cover with Band-Aids.
- Wear the support stocking on operative leg. Change it daily.

Pain

- Use ice packs or cryocuff on incision site for first 24 hours and as needed.
- Elevate leg.
- Use pain medication as told.

Medication

- __________________________
Follow-Up Appointment

Sports Medicine Clinic
Phone: 206-543-1552

Date: ________________  Time: __________________________

Notes:
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