



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

- _____

Questions ?

Call 206-543-1552

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff are also available to help at any time.

**Sports Medicine
206-543-1552
Monday-Friday
8:30 a.m.-5:00 p.m.**

After hours, call 206-598-6190 and ask the operator to page the resident on-call for the Orthopaedic Service.

Follow-Up Appointment

Sports Medicine Clinic
Phone: 206-543-1552

Date: _____ Time: _____

Notes:
