



# Knee Arthroscopy

*What to expect after your operation –  
Dr. Carol Teitz*

## 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
- Numbness or tingling in leg or foot

## 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. Dressing must stay dry.
- Remove dressing in 48 hours and cover with Band-Aids.

## Pain

- The local anesthetic in your knee will wear off slowly in a few hours after the surgery. Start to take your pain medicine when you first start to feel pain. Do not wait until it gets severe. Keep your leg elevated and iced. This will help to relieve pain and swelling, particularly in the first two days after your surgery.
- Use ice packs on your knee for the first 24 hours, and as needed after the first postoperative day.
- Elevate leg for 48 hours.
- Use pain medication as told.

## 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.

## Medication

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## Follow-Up Appointment

**Sports Medicine Clinic**  
Phone: 206-543-1552

Date: \_\_\_\_\_ Time: \_\_\_\_\_

## Notes:

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