

## Jennifer L. Cook, MD

Florida Joint Replacement and Sports Medicine Center

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### Post-Operative Instructions for knee arthroscopy

1. You should already have an appointment for suture removal in about 2 weeks. If you do not, be sure to call the office.
2. You have a sterile dressing on your knee. Keep it dry. You may remove this dressing 72 hours after surgery. You may take a shower, however be sure to cover the sutures with saran wrap so they do not get wet. Do not soak in a tub or go swimming.
3. Elevate affected knee with two pillows UNDER THE ANKLE as tolerated. Discontinue when comfortable.
4. Getting the knee fully straight is very important.
5. Use ice for 3-4 days. You should use it at least 3 to 4 times daily for 15 to 20 minutes each. Apply as soon as possible.
6. Despite great care, any incision can become infected. If the site becomes red, swollen, shows pus, or red streaks, call the office immediately.
7. Full weight bearing is to begin immediately. Use a stationary bike with no resistance for 30 minutes daily starting the day after surgery. Adjust the height of the seat to accommodate your range of motion.
8. Medications: Vicodin as prescribed

Physician Name Jennifer L. Cook, MD Signature \_\_\_\_\_

I hereby acknowledge receipt of the instruction indicated above. I understand that I must make arrangements for my post-operative follow-up care with Dr. Cook as instructed by her.

Patient Signature \_\_\_\_\_

Witness \_\_\_\_\_

Relationship: \_\_\_\_\_

Additional Instructions:

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