

# ***Orthopedic Center for Sports Medicine***

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## **POST-OPERATIVE INSTRUCTIONS- Ankle/Knee/Hip Arthroscopy Lower Extremity surgery**

The outpatient surgery was performed according to the guidelines that we discussed prior to your surgery. Please follow these instructions:

1. Keep the limb elevated above chest level as much as possible for the first 36 hours. After this initial period, you should elevate the limb on an as needed basis to reduce pain and swelling.
2. Apply the cold wrap over the affected area as much as possible for the first 36 hours. After the initial period, you should apply the cold wrap to the limb on an as needed basis to reduce pain and swelling. (The skin should feel cool but not be ice cold. Avoid direct skin contact with ice to prevent frostbite.)
3. A bloody drainage is to be expected on the bandages. If there is excessive free bleeding, go to the emergency room.
4. Do not remove the white surgical stocking. These will be discontinued after you resume an increased level of activity. They help reduce swelling and reduce the chance of blood clots
5. Avoid getting the bandages wet. You may take a limited bath or shower but use precautions to prevent a slip and fall injury.
6. A pain medicine has been chosen for you to hopefully reduce your pain with the least amount of side effects. Take the pain medication as prescribed or only as need for pain. Do not drive or perform hazardous activities when taking pain medication. Elevation and application of the cold pack to the affected area is very important to reduce pain.
7. Take one plain Baby Aspirin (81 mg) a day. The anti-platelet function of aspirin helps reduce the chance of blood clots. The aspirin should be taken with food
8. You must limit your activities and use appropriate precautions to prevent injury. Use crutches for comfort and security. You may apply full weight to the leg as tolerated unless instructed otherwise.
9. If you develop any unexpected problems after your discharge from the hospital, please proceed to the emergency room.
10. If any other problems occur please call our office at (504) 467-5900 or (504) 889-2663.
11. Thank you for your cooperation with these important instructions. The success of your recovery depends on cooperation.

**Your Post-op appointment is scheduled for \_\_\_\_\_  
at our Kenner/Metairie location.**