

Dr Ball Knee Arthroscopy

What to Expect/Activity

- It is normal to have some discomfort in your knee for several days.
- You are weight bearing as tolerated to your operative leg. Use crutches for two days when standing and walking, for extra support. Knee, ankle and toe range of motion is encouraged.
- Swelling and discomfort in the knee is normal for several days after surgery. For the first 2-3 days, use the gel packs that were provided to you around the knee to help. Use for 20-30 minutes every hour for 48 hours, while awake.
- Place one or two pillows underneath your calf/foot, not your knee, to reduce swelling.
- Please continue wearing white stockings provided for two weeks on both legs.

Dressing/Wound Care/Bathing

- You may remove your dressing 3 days after surgery and shower. Put band-aids over incisions after showering. Change band-aids after showers.
- No baths, swimming or submerging until cleared by Dr Ball.

Pain Management/Medications

- You may resume your usual medications.
- You have been provided a prescription for narcotic pain medication. This is to be used only as needed for breakthrough pain that is not controlled with over the counter pain medication.
- Please take the following medications:
 - Aspirin – 325 mg daily for 14 days (blood clot prevention)
 - Tylenol/acetaminophen – according to bottle instructions; alternate with
 - Ibuprofen (Advil, Motrin) or other NSAID/Naprosyn – according to bottle instructions

Follow up/Call if:

- The findings of your surgery will be explained to you and your family immediately after surgery. However, in the post-operative period, during recovery from anesthesia you may not fully remember or fully understand what was said. This will be explained via email from Dr Ball and once again when you return for your post-op appointment.
- Please contact Dr. Ball's office if you experience the following:
 - Excessive bleeding (bleeding through your dressing)
 - Fever greater than 101 degrees F
 - Persistent nausea or vomiting
 - Decreased sensation or discoloration of the operative limb
 - Pain or swelling that is getting worse and not better with medication

- Locations and Contact:
 - 1349 S. Rochester Road, Suite 205, Rochester Hills, MI 48307
 - (248)-239-5300
- More Information about your surgery available at my website
 - www.drguyball.com