

Knee Arthroscopy

Phone: (954) 571-9500

Dr. Jonathan Courtney

Fax: (561) 955-2574

Wound Care:

- Your incision has steri-strips over the two small incisions. They do not need to be covered with gauze or dressings and may get wet.
- When showering , use soap and water, then pat dry.
- Please avoid submerging the incision.
- Once steri-strips fall off on their own, you may replace with band-aids.
- If you notice that there is draining from the incision site, contact the office and apply gauze and an ace bandage to apply pressure until your next appointment with the doctor.
- Call the office should you develop fever and/or chills.

Precautions:

- After surgery it is important to get up and move every hour. It is suggested that you take short but frequent walks.
- It is important to maintain your pre-operative knee extension. Pillows should be placed under the ankle to help facilitate extension.
- Pillows should never be placed under the knee. Ankle only.

Driving:

- You must have good control of your legs to allow for easy and quick transfer of your foot between pedals
- Once good control is established, and you are no longer on any narcotic pain medication, you are able to drive.