

AFTER SURGERY

Postoperative Instructions: Knee Arthroscopy

Weight-Bearing Status

COMPLETE AT DISCHARGE

- ☐ Non-weight-bearing ☐ Toe-touch / partial weight-bearing ☐ Weight-bearing as tolerated

Assistive device / brace: e.g., crutches _____

Additional precautions: _____

Getting Home

- An adult must drive you home after surgery.
- You may feel dizzy from anesthesia and pain medication.
- Avoid driving, operating machinery, drinking alcohol, or making major decisions for 24 hours.

Surgical Dressing

- Arthroscopy requires a large amount of water to be pumped into your joint — this can cause swelling and bruising that extends down your leg.
- You can shower on the 3rd postoperative day: remove the ace wrap and gauze, shower, then apply band-aids over the incisions.
- Leave the band-aids on during each shower, then change to fresh ones afterward.
- No baths or hot tubs until Dr. Kim allows.

Medications

A narcotic pain medication may be prescribed to take as needed. If a prescription pain medication is needed, it will be either a narcotic or Journavx® (suzetrigine), a non-opioid option.

Narcotic Pain Medication

- Take as needed, following the instructions on your prescription bottle.
- May cause nausea, vomiting, or constipation — a stool softener will also be prescribed.
- Do not drink alcohol or drive while taking this medication.
- Wean off as soon as your pain allows; transition to over-the-counter Tylenol (acetaminophen) as needed.

Journavx® (suzetrigine)

- Bring your prescription with you on the day of surgery — your first 100 mg dose is given in the preop holding area.
- Beginning 12 hours later: 50 mg every 12 hours, typically continued for up to 2 weeks.
- Swallow tablets whole — do not chew or crush.

You may also be prescribed a blood thinner if you're at risk for blood clots.

Activity

- Elevate the leg to reduce pain and swelling.
- Do not place a pillow under the knee — place it under your ankle instead, to keep your knee straight.
- Bend your knee and move your toes regularly to support circulation and help prevent blood clots.

Follow-Up Appointments

- You will see Dr. Kim or her PA 1–2 weeks after surgery. If you're unsure of your appointment date, call (503) 717-7060 to verify.
- Physical therapy typically begins 2–6 weeks after surgery — timing will be confirmed at your postoperative visit.

If you're experiencing a medical emergency, call 911 or go to the nearest emergency room.