

**DR. MCCLELLAN'S POST-OPERATIVE INSTRUCTIONS:
IMPORTANT REMINDERS REGARDING YOUR KNEE ARTHROSCOPY**

Your surgery facility will call you the day before surgery to let you know what time you are to arrive. Please be sure to bring your surgery folder with you. If you have a question regarding taking a medication the night before/morning of surgery, please contact your surgical facility for instructions.

Arthroscopy involves the use of fluid as a viewing medium and because bleeding surfaces may be exposed, this fluid will become red tinged as it may leak through the incisions and onto your dressing. It is unlikely that there is a significant bleeding problem. Feel free to reinforce the dressing with dry dressings the first night after surgery. However, if a concerning amount of fluid is leaking through the dressings or the dressings become dampened with blood, please call our office.

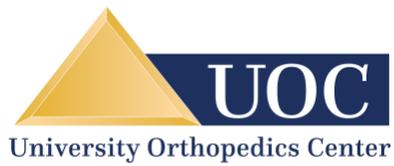
Your dressing may be removed 2 days following surgery. Simply remove your dressing and place band-aids over your incisions. It is important to keep your incisions dry and covered until your post-op appointment. Showering is permitted following surgery on day 2. Do not put any ointments or creams on the stitches. Please do not immerse your knee in a bath or Jacuzzi until the incision is completely healed, approximately three weeks after surgery or as otherwise stated by the physician.

In most cases, feel free to walk without the crutches when you feel stable. Some special circumstances require no weight-bearing on the operative leg. Please call the office if your weight-bearing status is unclear. If you experience an elevation in temperature, severe calf pain, or numbness or tingling in the feet, please call the office.

You will be given something for pain control. Its typically hydrocodone/Tylenol. If you don't have that much pain then simply skip that and just take over the counter Tylenol or ibuprofen.

You will also be given instructions after your surgery from Dr McClellan.
PLEASE READ THOSE!!

Following surgery, it is important to elevate your leg above heart level and routinely ice your knee; both of these will help control swelling and discomfort.



Christopher S. McClellan, D.O.
3000 Fairway Drive, Altoona, PA 16602
814-231-2101

During your first office visit after surgery, we will go over your surgical findings, and your sutures will be removed. In some cases physical therapy is required following surgery and this will be discussed at your appointment.

Please call the office if you have any questions or concerns before/after surgery.