

Dr. Frank Bohnenkamp,
Fellowship Trained, Board Certified
Orthopedic Surgeon

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Contact
P: 815.398.9491
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drbohenkamp.com

Postoperative Instructions

Knee Arthroscopy

Activity

You may bear weight as tolerated on your operative extremity. Rest and recover today and resume regular activity tomorrow as tolerated. Your restrictions are as follows: No kneeling, deep squatting, or strenuous activity.

Wound Care

Keep the ACE™ wrap and wound dressings on your leg for 48 hours after surgery. No showering for the first 48 hours. After that 48-hour period, you may remove the ACE™ wrap and dressings. Keep the ACE™ wrap to rewrap the leg as needed for swelling. You will have sutures placed at the surgical portals on the knee. These will remain in for two weeks postoperatively, until your visit with Dr. Bohnenkamp. Keep the knee wrapped with Saran wrap/plastic wrap while showering. Be sure to gently dry the incision after showering. No soaking, baths, or submerging underwater. Do not put creams, lotions, or ointments on the incisions.

Wound Redness/Drainage

You may notice redness, light bleeding, or yellow drainage at your incision; this can be normal after surgery. Apply gauze to the incision as needed. Contact our office with any abnormal or foul-smelling drainage from the incision, or bright red skin color changes streaking from the incision.

Icing

Apply ice to the surgical site for pain and swelling throughout the day as needed. Do not apply ice directly onto your bare skin. Keep the ice on for 30 minutes at a time with 30 minutes of rest in between.

Swelling/Bruising

Swelling and bruising of the operative extremity is normal after surgery and can increase with physical activity. To help decrease this, keep the leg elevated at or above the level of the heart throughout the day when not active, use ice as stated above, and perform “foot pump” exercises. Additionally, you should use the ACE™ wrap that you were sent home with to rewrap the leg to alleviate swelling. It is normal for the swelling/bruising to be in the operative knee, calf, foot and ankle. Always call our office with any concerns.

Fever

A low-grade fever is common after surgery. Contact our office with any temperatures over 101 degrees Fahrenheit.

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Driving

You may drive if you can safely get into and out of your car with good motor control, and if you have not taken narcotic pain medicine within 8 hours of driving.

Physical Therapy

Outpatient physical therapy will start 2–3 days after surgery. If you have not set up physical therapy, please contact our office so we can help you set that up.

Please contact our office with any other questions or concerns at 815.398.9491