

You had Knee Arthroscopy with Dr. Brannen

- **Follow-up** with Dr. Brannen's office at your 2-week post-operative visit
- **Activity:** You are weight bearing as tolerated
 - ✓ Keep pressure ice pack on for at least 30 minutes on then 1 hour off. Repeat this as necessary. Never put ice directly on skin.
- **Medications:** Take your pain medicine exactly as directed. **Do not drive if you have taken any prescription pain medication.** Pain medication can lead to constipation. High fiber diet, lots of fluids, and a stool softener (Colace) or laxative (Miralax)
 - Norco (Hydrocodone/acetaminophen)** 1-2 tabs every 4-6 hours as needed for pain
 - Aspirin 325 mg** 1 tab once a day for 30 days – First dose tomorrow
- **Blood Clot Prevention:**
 - Perform ankle pump exercises (moving your foot back and forth) for a minimum 14 days.
- **Surgical Dressing:**
 - You may shower cover the dressing
 - Wrap in plastic wrap, or Press and Seal, when showering then remove wrapping.
 - Remove the entire dressing 48hr after surgery and place a band aide on the sutures
 - No hot tubs, pools, or baths until cleared by your healthcare provider.