

Benjamin Service, MD, FAAOS
Wound Care After Arthroscopic Surgery

You had a special closure of the incisions with **absorbable sutures that are hidden under the skin.**

Small special bandages are directly on the skin called “steri-strips.”

Keep the incision clean and dry until the **4th day after surgery.**

Please DO	Please Do NOT
<ol style="list-style-type: none"> 1. Change the bandage to dry gauze (4x4's) dressings daily and as needed, starting the first day after surgery. Hold the gauze in place with medical tape or coverlet. 2. Keep the incisions covered with gauze for 2 weeks. 3. Remove dressings before showering on day 4 after surgery, and after showering place fresh dry gauze on the incisions when the skin is dry. 4. Leave the steri-strips in place for 2 weeks. 5. Examine the incision daily for: redness, opening, drainage of fluids (blood, pinkish fluid, or pus), and swelling. 	<ol style="list-style-type: none"> 1. Please do not place cream or ointment on incision.

- If there is an emergency please call **911**.
- If you are concerned about the incision, please call our office immediately at 321-842-0060.
- If you have an urgent concern about the wound during non-business hours
 - Call the Orthopedic resident on call at **321-842-0060, option 2, & option 2 again.**

Showering

Please DO	Please DO NOT
<ol style="list-style-type: none"> 1. Please cover incision site with plastic wrap if taking a shower during the first 3 days after surgery. 2. On the 4th day after surgery, you can shower with the incisions wet. 3. Leave the steri-strips in place. They can get wet in the shower. 4. Let the soapy water run over the incisions—do not scrub. 5. Pat dry and allow to air dry about 10 minutes before placing new dressings. 6. Replace the bandage with clean and dry “4 x 4” gauze bandages. 7. Hold the gauze in place with Medipore tape. 	<ol style="list-style-type: none"> 1. Do not swim or bathe with the surgery site or incision(s) under water until cleared in the office.

Wound Evaluation

With the absorbable suture closure, typically no sutures need to be removed in the office. Our team will examine the incision to check for good healing at the first visit in the office. The steri-strips will fall off on their own after 2 to 3 weeks. If the incision is well healed, normal skin care can start **3 weeks after surgery.**

Disclaimer: These instructions are for education purposes only to highlight the types of post surgical instructions that are given out by Dr. Service on a case by case basis.