



Mammoth Orthopedic  
Institute

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www.MammothOrtho.com

## **POST-MI-EYE NEEDLE ARTHROSCOPY**

### **WOUND CARE**

- After your procedure you may apply ice to the needle arthroscopy site for 20 minutes every 2-3 hours.
- Keep your wound clean, dry and covered with a Band-Aid for 12-24 hours after your procedure. You may shower at any time.

### **MEDICATIONS**

- You may use Tylenol (Acetaminophen) or NSAIDs (Ibuprofen, Motrin, etc.) as needed for discomfort.

### **NEEDLE ARTHROSCOPY SITE**

- Call your physician if you develop drainage from the injection site, bleeding, or fever.
- You may experience some localized swelling and bruising at the site that will take 3-7 days to resolve.

### **ACTIVITY**

- You may perform your usual daily activities without restriction but should avoid any more rigorous activities.
- In general, for upper extremity procedures do not do any repetitive motion, pulling, tugging, grasping, or gripping with the upper extremity until re-evaluated at your next visit.
- For lower extremity procedures such as injections into the hip, thigh, knee, ankle, and foot, you may need crutches for a day or so depending on the amount of discomfort that you have post-procedure. If bearing weight increases your pain, contact the office for crutches or use your own until you can ambulate without an increase in pain.
- You may drive home from the procedure if you had an upper extremity injection and drive an automatic transmission.
- It is recommended but not required that if you have a lower extremity procedure, you have someone drive you home.

**Please call the office with any questions or concerns at 760-924-4084**