



General Wound Care – Arthroscopic Surgery

- Leave your dressing on for 3 days after your surgery.
 - Keep it clean and dry.
- Remove the entire dressing on day #3 and you will see small black sutures holding the individual small portal incisions closed.
- At this point you can leave it open to air in a clean environment. If wearing clothes over the incisions cover them with regular band-aids so they do not catch on your clothing.
- You may shower but keep incisions covered with waterproof band-aids while in the shower.
 - Remove the waterproof band-aids after your shower to make sure they did not leak and pat dry if they did.
- Your sutures will be removed at your first post op visit.
- Call the clinic at 425-339-2433 with any questions or concerns.