



## **Post-operative Instructions – Knee Arthroscopy**

### **Activity**

You may put all of your weight on your operative leg. Use crutches for the first few days then wean off them as tolerated. Begin bending and straightening your leg, using the good leg to help if needed.

You may drive when you can walk without a limp and you have stopped using your narcotic pain medication.

### **Pain Control**

At the end of your surgery, numbing medication was placed in your knee. This typically lasts around 8-12 hours. Begin taking your medication when you get home, even if you are not in pain. This will keep your pain down when the numbing medicine wears off. Take all medications as directed.

If you were given a cold therapy device, use it as instructed. If not, ice the knee for 10 minutes at a time, several times a day. Do not apply ice directly to the skin. Ice is helpful for swelling and pain for the first 2 weeks.

### **Dressings**

It is normal to have some minimal drainage on the dressing. If it becomes soaked, please call the office.

Keep the dressing on and dry for two days, then remove the outer dressing, leaving the steri-strip tapes on each wound. Apply band-aids over each incision. You may shower after you remove the dressing. It's ok to let the water and soap wash over the incisions. After the shower, replace the band-aids with dry ones. The steri-strip tapes may come off on their own.

Change the band-aids daily until the incisions are sealed and dry.

### **Follow-Up**

If not already arranged, call the office as soon as you can to schedule your post-op visit for 7-10 days after surgery. We will review your surgery and photographs at that appointment.

### **Call Immediately for....**

Bleeding that isn't stopping, temperature over 101.5 degrees, increasing severe pain, swelling or redness.