

## **Post-Operative Instructions for Knee Arthroscopy**

### **Activity:**

- You will be required to use crutches with partial weight bearing for 1-2 weeks. You may discontinue crutches after 2 weeks.
- On postoperative day #1 - You may begin range of motion to knee with full flexion and extension in 15 minute intervals 5 times per day.
- You may have swelling and soreness to knee following procedure. Elevate knee and apply ice to aid in pain and swelling.

### **Dressings:**

- On postoperative day #2 - Patient may remove dressings and wash over wound with antibacterial soap.
- You may apply triple antibiotic cream twice a day for the first 2 days then discontinue.
- Keep incision site covered during the day, but you may leave it uncovered at night.
- You may shower and pat incision site dry, but do not soak knee in bath.
- Observe for any signs of infection, and report it immediately to our office!

### **Medications:**

- Resume Home Medications. You should also take Ecotrin/Aspirin 325mg by mouth every morning for 2 weeks to prevent blood clots.
- You were most likely prescribed a narcotic pain medication to aid in severe pain. If pain medication is too strong, you may try Tylenol, Advil, Aleve, etc. for pain control.

### **Follow-Up:**

- You will be given a follow up appointment for 2 weeks in your discharge paper work.

Please call the office with any questions or concerns.

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