



Highland Clinic
Orthopedics
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Postop Instructions Knee Arthroscopy

Stay on crutches (walker) for 48 hours – may be partial weightbearing – Progress to full weightbearing afterwards.

Keep dressing clean and dry – change at 24 hours – may shower at 24 hours – dry and apply Band-Aids.

Do not soak in tub or go swimming until stitches are removed.

Exercise as instructed by physical therapy.

Narcotic pain medication may cause nausea – take with food – try Dramamine if you are nauseated.

Call me if pain increases beyond tolerance with the pain medicine – remember pain medicine does not take all the pain away.

Call if temperature is greater than 101°.

Elevate leg if swelling increases.