

Post-Operative Instructions

Knee Arthroscopy

1. Remove the dressing on POD#2
2. Apply dressings as needed to wounds sites.
3. You will be provided with crutches to use as needed. Your weightbearing status is listed below. If you were given a knee brace, wear your brace at all times.
4. You should start physical therapy between days 3-7 post op. Please make an appointment at a PT clinic near your home so you can be compliant with your program. On surgery day, you will be provided with a prescription and a protocol to give your therapist.
5. Please do not use bacitracin or other ointments under the bandage. Use the cryocuff or ice packs as often as possible, and at least 30 minutes four times per day. An ace wrap may be used to help you control swelling. Do not wrap the ace too thickly or the cryocuff will not penetrate.
6. You may shower on post-op day #5 if the incisions are dry. Gently pat the area dry after showering.
7. Do not soak the knee or go swimming in the pool or ocean until your incisions are healed.
8. Driving:
 - a. If surgery was on your right knee, driving is not permitted until after you are off of the crutches, and you have stopped taking pain medication, and feel you can drive safely.
 - b. If surgery was on your left knee, driving is not permitted before post-op day #5, and then only if you have stopped taking pain medicine and feel you can drive safely.
9. Please call the office to schedule a follow up appointment 10-14 days if you do not already have an appointment scheduled.
10. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for evaluation.
11. ASA 325 mg PO twice daily for 2 weeks or other anticoagulation regimen should have been provided. Take as directed to prevent blood clots. If you have any difficulty using blood thinners or have bleeding in your bowel movements, please let us know.
12. Discontinue pain meds when able.
13. The following medications will be prescribed at discharge:
 - Naproxen 500 mg, 1 tab oral twice daily x 2 weeks
 - Percocet 5/325 mg, 1-2 tabs oral every 4-6 hours as needed for pain
 - Omeprazole DR 20 mg, 1 tab oral daily x 1 month
 - Senna-S, 1 tab oral daily as needed for constipation
 - Aspirin 325 mg, 1 tab oral twice daily x 2 weeks
 - Phenergan 25 mg, 1 tab oral every 8 hours as needed for nausea

Weight Bearing Instructions:

- Weight bearing as tolerated
- Other:

Knee Range of Motion Precautions

- ROM as tolerated
- ROM 0-90°

17. Knee Brace

- No
- Yes
 - Wear the post-operative brace for walking. Lock the brace when walking to protect the knee in case of a fall. You can unlock the brace to sit or move the knee when not walking.