



VALLEY ORTHOPAEDIC SPECIALISTS

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KNEE ARTHROSCOPY POST OPERATIVE INSTRUCTIONS

1. Regular diet as tolerated.
2. Rest with leg elevated above the heart, placing pillow under the calf and not behind the knee.
3. Place ice over the dressing for 20-30 minutes every 4 hours for 24 hours.
4. Weight bearing as tolerated, with crutches.
5. Dressings may be removed in 24 hours. Replace with Band-Aids. Change Band-Aid if wet. Keep knee dry and clean. Wash hands before and after each dressing change. Do not apply ointment or cream over surgical incisions.
6. You may take a shower the day after surgery – make sure to keep incision dry.
7. Do not drive until cleared by office to do so.
8. Do not drink alcohol beverages or drive if you are taking prescription pain medications. Take medication with food.
9. Within 3-5 days you should be seen by Physical Therapy.

You may begin to experience pain in your knee later on in the day following your surgery or the next morning. This pain is due to the anesthesia wearing off. Pain could last 24-48 hours. Rest, ice, elevation and pain medication will help your knee to feel better.

Call the office if you experience:

- Fever unrelated to the flu that is greater than 101.5
- Drainage
- Redness unrelated to ice application
- Numbness
- Discoloration of the foot

Some residual swelling and pain may linger up to 6 to 8 weeks after surgery.

Muscle atrophy and lack of motion contribute to pain. Do your exercises faithfully, even on days you do not go to therapy.