

## **Post-Operative Instructions**

### **Knee Arthroscopy**

#### **Day of surgery**

- A. Relax. Diet as tolerated
- B. Ice pack to knee every one to two hours while awake for twenty minutes or cryocuff or game-ready. Ice cuff as per instructions.
- C. Pain medication as needed every four hours.
- D. Make sure you have a physical therapy post-op appointment scheduled during the first week after surgery.

#### **First Post-Operative Day**

- A. Continue ice pack every 1-2 hours while awake or at least twenty minutes prior to and after exercise session.
- B. Pain medication as needed.
- C. You may remove surgical bandage and shower this evening. Apply band-aids to these wounds prior to showering and when showering is complete apply fresh dry band-aids. You will need to follow this routine for 1 week after surgery.

#### **Second Post-Operative Day Until Return Visit**

- A. Continue ice pack as needed.
- B. Continue daily shower/bandaid routine.
- C. Unless otherwise noted, you can bear as much weight on the affected leg as you can tolerate. Most patients use crutches or a cane for the first 1-3 days. The amount of pain you experience should be your guide for discontinuing crutch or cane use.
- D. If there is no brace on your leg, you may bend the knee as tolerated.
- E. If you have a brace or a splint on your leg, this must be worn for all walking activities. The brace may be removed for showering. It may also be removed for short periods of time while relaxing (while watching television, reading, etc.) as long as the leg is well supported.
- F. Call our office @ 646-501-7223 option 4, option 2 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office or contact us via the internet at [www.newyorkortho.com](http://www.newyorkortho.com).