



Knee Arthroscopy

Post Operative Instructions

1. What operation did I have?

You had an arthroscopic knee surgery. This operation is done using an arthroscopic camera with a few small incisions into the shoulder. Depending on your pre-operative diagnosis, this means that the scope was used to clean up the tissues in your knee.

2. What should I expect the day of surgery?

A nerve block was administered before your surgery. This will cause your leg to be numb and usually lasts until the night of surgery or the next day. When the block wears off, the knee is often painful. I recommend that you begin taking your pain medication as soon as the block wears off.

3. What medications should I be taking?

You will be given a prescription for pain medication after your surgery. You can take it as needed for your pain. Your worst pain and swelling is 72 hours after surgery. Once your acute pain starts to dissipate, you can switch to an oral anti-inflammatory (if you tolerate it well) such as Ibuprofen or Aleve.

4. Should I ice my knee?

Icing the knee for the first 72 hours after surgery will help decrease the pain and swelling. I recommend that you ice as much as possible (20 minutes on, 20 minutes off). Do not fall asleep with the ice in place. I encourage you to continue icing the knee as much as possible even after 72 hours as it will continue to help with pain management.

5. What can I do with my knee?



You can resume your activities as tolerated. You should avoid deep squatting, twisting motions of the knee, kneeling and crawling until you follow up in our office after your surgery.

6. Can I remove the bandages?

You will be seen in the office 10-14 days after your surgery. You can remove your dressing after 3 days and shower. Do not let the water soak/hit the incision directly. You may pat the incision dry after your shower and apply clean bandages/band aids. Once you follow up in the office, your sutures will be removed and clean bandages applied.

7. Can I drive?

It is your responsibility to determine if you can safely drive. You cannot drive while taking narcotic pain medications or after receiving anesthesia.

8. When will I start physical therapy?

You will start physical therapy after your first follow up visit 10-14 days post operatively. In the meantime, you can try to perform range of motion exercises to your knee by trying to bend it and straighten it as much as you can. You can walk for exercise and start to wean yourself off the crutches/walker.