

Post-Operative Instructions Knee Arthroscopy

- Ice your operative knee for 72 hours after surgery. You can leave ice on the knee for 30-45 minutes at a time if it is not uncomfortably cold. Ice the knee several times per day.
- Spend the first 72 hours after surgery keeping your operative knee elevated above your heart periodically throughout the day. The longer your foot is on the floor, the more swelling you will have.
- You should remove your surgical dressing 48 hours after your surgery.
- After removing the surgical dressing, you should leave the incision open to the air. If you have drainage, cover the incisions as necessary.
- You may shower, getting your operative knee wet, 4 days after your surgery provided there is no drainage. Do not soak your knee for a month after surgery.
- You may put as much weight as is comfortable on your operative leg after surgery. Use your crutches or walker as needed for pain control. You may work your way off the crutches as your pain allows.
- Do not participate in any high impact activities, cutting or twisting activities, for 6 weeks after surgery.
- Do not do any walking for exercise until after your follow-up visit.
- If not allergic, take an enteric coated aspirin (325mg) once daily to reduce the risk of a blood clot that could go to your lungs.
- If you do not already have one, please call the office to schedule a follow-up appointment for 4-6 day after surgery.
- Call with any questions (804) 545-0215.