



Sports Medicine & Shoulder Surgery

617.667.3940 • bidmc.org/sports

Knee Arthroscopy Post-Operative Instructions

Medications

You will be given two prescriptions- one for pain and the other to control inflammation. The pain medication is a codeine derivative and should be taken if necessary. The medication to control inflammation should be taken as directed.

Dressing

Leave your dressing on unless your first post-op doctor or therapy visit is more than 48 hours after your surgery. After 48 hours you may remove your dressing. **LEAVE THE TAPE STRIPS OVER YOUR INCISIONS.** These will stay on for 1 ½- 2 weeks and will slowly peel off.

Showering

You may shower 48 hours after your surgery and get your incisions wet. Do **NOT** immerse in a tub or pool for 7 - 10 days to avoid excessive scarring and risk of infection.

Ice Packs

Keep Ice Packs on at all times exchanging every hour while awake. Icing is very important to decrease swelling and pain and improve mobility. After 24 hours, continue to use the cuff 3 - 4 times a day, 15 - 20 minutes each time to keep swelling to a minimum.

Weight Bearing

You should not put weight on your leg for 24 hours after your surgery unless specified by your doctor. Use your crutches for the first 24 hours or until your first therapy visit. If your first therapy visit is more than 24 hours after your surgery, you may begin progressively putting more weight on your leg using your crutches for balance only, progressing to no crutches.

Activities

Rest and elevate your leg for the first 24 hours. Do **NOT** place a pillow under your knee. Elevate with a pillow under your calf and ankle. It is important to get your leg as straight as possible as soon as possible.

Exercises

- 1) Quadriceps Contractions: 5 - 10 per hour, push knee into bed, tighten thigh muscle
- 2) Straight Leg Raises: 5 per hour

Goals

Normal ambulation 24 hours after surgery and normal range of motion within one week of surgery.

If you experience severe pain that your pain medication does not relieve, you should let us know. **If you experience a temperature over 101.5*, redness or swelling in your thigh or calf, please contact our office daytime, evenings or weekends at (617) 667-3940.**