



Orthopaedic Specialists
of Central Arizona

DISCHARGE INSTRUCTIONS AFTER KNEE ARTHROSCOPY

- Activity:** You should use cane, crutches or a walker for the first 3 to 5 days following surgery. As your knee feels more comfortable, you may increase the amount of weight you put on the operated leg. You may stop using the cane or crutches/walker once you can walk comfortably without a limp.
- Dressings:** You should maintain the original surgical dressing for the first 48 hours after surgery. At that time, remove the entire dressing and cover the small incisions with Band-Aids. Keeping your knee wrapped with an Ace wrap is recommended to control swelling during the first 10 days after surgery. You may shower once you have removed the original dressing. **DO NOT** bathe, swim, or otherwise soak your knee until after your follow-up appointment. You may notice some redness about the incisions as they heal. If this redness increases or you notice any discharge from the wounds after the first several days, please let us know.
- Pain Control:** You will be given a prescription for pain medication (usually Oxycodone, to be taken 1 tablet every 6 hrs.) after surgery. Use this as needed. This may be combined with Advil (3 tabs three times a day with food) or Aleve (2 tabs twice a day with food). Once the initial pain subsides, try to manage with just Extra-strength Tylenol, Advil, or Aleve. It is common to have swelling and discomfort for several days or even several weeks after surgery. Icing of the knee is extremely helpful to control both pain and swelling. Ice the operated knee for 20 minutes at least four times a day for the first seven days. After that, ice the knee if the knee is still swollen or you still have pain.
- Exercises:** Plan to avoid demanding activities and athletics for 3 weeks after surgery. Begin gently bending your knee the night of surgery. Exercise will help reduce swelling in your knee, speed your recovery, and prevent muscle weakness in the long run.
- Work:** Plan to take 2-5 days after from work. You can resume work once you are comfortable- this will be influenced by the type of work that you do.
- Follow-up:** Your post-operative follow-up appointment will be scheduled prior to surgery (usually 7 – 10 days later). The sutures will be removed at that time.

Each patient will respond and recover from surgery at their own pace. While it is informative and useful to “compare notes” with a friend, relative or colleague who has also undergone arthroscopic surgery, please do not place undue importance on keeping up with them. Remember that each patient’s problem and surgery is unique. If you encounter specific problems please call the office as soon as possible.