

Post-operative Instructions
Knee Arthroscopy
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- **Weight-bearing status:** Bear weight as tolerated. You may require crutches initially after surgery for balance and protection.
- **Range of motion** is very important after surgery. You may also begin bending your knee immediately after surgery.
- **Icing:** You should ice the knee for the first few days after surgery. Do not let ice come into direct contact with the skin (wrap ice bag with a towel or cloth). Ice the knee for 20 minutes on and 20 minutes off several times throughout the day.
- **Pain control:** You may alternate between anti-inflammatories and Tylenol every 4 hours beginning immediately after surgery. You have also been prescribed a short-acting narcotic to help with pain control after surgery. This may be necessary for a few days after surgery; however, you should come off the narcotic medication as soon as possible and transition to over-the-counter anti-inflammatories and Tylenol.
- **Infection prevention:** You have been given intravenous antibiotics during surgery to help with infection prevention.
- **Dressings:** May be removed 48 hours after surgery.
- **Showering:** It is okay to shower for surgery, however, do not soak the incision scrub the incision sites.
- **Follow-up:** This is usually about 2 weeks after surgery. Please contact the office with any questions regarding your follow-up appointment.