



## Arthroscopic Post-Operative Knee Instructions

- Your surgery has been performed arthroscopically through several small incisions. In order to do this, we used saline (salt water) to expand your joint in order to visualize the inside of it. It is normal to have some clear or bloody drainage from your incisions for several days after surgery.
- Call your physician if there is expanding redness or obvious pus coming from your incisions.
- You will have a large dressing on your knee covering the surgical area and a compressive ACE wrap over your leg to prevent swelling.
- Unless otherwise directed, you may remove the ACE wrap and large outer bandages on the second day after your surgery.
- Underneath the dressing, your incisions are closed with dissolvable stitches under the skin and tape strips over the incisions. Do not remove the tape strips. If they fall off, re-cover the incisions with non-occlusive band-aids.
- **Do not place any topical ointments on your incisions (peroxide, alcohol, Neosporin, etc.).**
- Replace the compressive ACE wrap. **You should NOT stretch the ACE wrap** when re-applying it, as this may decrease the circulation to your foot.
- After your dressing is removed, you may begin to shower. Water may run over your incisions (and tape strips). Do not scrub your wounds. Pat the incisions dry and replace non-occlusive band-aids over the incisions, if needed. Do not submerge your incisions under water in a bath-tub.
- Do not sleep or rest with a pillow under your knee. Place a pillow under your foot and constantly work on fully straightening your knee. Additionally, lie on your back and work on straight leg raises.
- Unless otherwise directed, also work on bending the knee as much as possible.
- Keep your foot elevated higher than your heart for at least 30 minutes every 2 hours while awake for the first 3-4 days after surgery.
- If prescribed, go to physical therapy. Early passive motion (someone moving your knee for you), stretching, and proper strengthening are the keys to avoiding a stiff and weak knee.
- Unless otherwise directed, you may put as much weight as comfortable on your leg with your crutches. You may discontinue the use of your crutches when your leg is strong enough to support you without the risk of falling. Falling can damage your surgery or cause a new injury.
- Ice your knee. You should apply an ice pack to your knee for at least 15 to 20 minutes every 2 hours while awake for the first 3-4 days after surgery. This will decrease your swelling and help with your post-operative pain.