PATIENT GUIDE

After Knee Arthroscopy

Knee Arthroscopy

72 DRESSING & INCISIONS

- Keep the original dressing clean and dry for 72 hours.
- After 72 hours, remove the dressing, place clean Band-Aids over the wounds, and keep the areas clean and dry.
- Do not soak, swim, or use a bath or hot tub until the incisions are healed and you are cleared.

Rx PAIN MEDICATION

- Use Percocet (narcotic) only as prescribed for strong pain.
- Use the prescribed NSAID for moderate or milder pain. Take it with food unless told otherwise.
- Do not drive, drink alcohol, or make important decisions while taking Percocet. Do not add extra acetaminophen unless your clinician approves it.

WB WALKING & MOTION

- Use crutches as needed. Bear weight as directed by your surgeon.
- Begin gentle knee bending and straightening as comfort allows unless instructed otherwise.
- Perform ankle pumps frequently while awake. Avoid running, jumping, twisting, or deep squatting.

ICE SWELLING

- Elevate the leg with the ankle above heart level when resting.
- Apply ice for 20 minutes at a time, with cloth between the ice and skin.
- Mild swelling and some bruising are common after arthroscopy.

2W Follow-up: Return in approximately 2 weeks for wound evaluation, suture removal, and to begin physical therapy or hand therapy as directed.

! Call Motion Orthopedics promptly if you have:

- Fever above 101.5 F, increasing redness, warmth, drainage, or foul odor.
- Pain or swelling that is rapidly worsening or not controlled by medication.
- New persistent numbness, color change, or unusual coldness of the operative limb.
- Chest pain, shortness of breath, or calf pain/swelling: seek urgent medical care.

Questions? Call 212-355-5555