

Greater Hartford Orthopedic Group, P.C.

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Post-Operative Instructions: Knee Arthroscopy

What to Expect

In the First 24 Hours:

Following your surgery, you will leave the hospital or surgery center with a large ace bandage and ice pack on your knee. Crutches will be provided as well to help with ambulation for the first few days after your surgery. Unless told otherwise, you can bear weight as tolerated. You will be given a prescription for pain medication when you leave. You can start taking the medication immediately following surgery. It is recommended you take the medication with either food or drink. Using ice is very important. The general rule is to apply ice for 20-30 minutes every 1-2 hours. You may leave the ace bandage on your knee for the first 24 hours.

The Next Day:

It is important to continue to ice your knee the day after surgery. You may remove the ace bandage and the dressing. There will be a few incisions on your knee. You can replace the dressing with band aids to cover the small incisions. Continue to keep the incisions clean and dry. As long as the stitches are in, do not apply any cream or lotion to the incisions. You may begin to bend the knee and walk on the operative leg once you feel comfortable. It is going to be difficult to bend the knee if it is still swollen, so decreasing the swelling is your main priority. Dr. Kimmel or his physician's assistant will call you the day after your surgery to see how you're doing and to schedule your follow-up visit. All questions or concerns not addressed here will be answered at that time. You may begin your post-operative exercises as soon as the day after surgery. To find the exercises, visit our website at www.ctortho.com.

The First Week:

You may get the incisions wet 48 hours after surgery. Do not soak or scrub the knee, but you may shower and let water run over the incisions. Keep the incisions covered and dry all other times until the sutures are removed. Pain medication may be tapered within the first week of surgery. Most patients do not require pain medication after 5 days. You will be seen in the office 7-8 days following your surgery for your first post-operative visit. At that time, the sutures will be removed and if indicated, you will be given a prescription for physical therapy. If necessary, physical therapy generally is twice a week for at least 6 weeks. For the appropriate physical therapy protocol, please visit www.ctortho.com.