

KNEE ARTHROSCOPY Post-Operative Instructions

FOLLOW-UP

- Please call the office to schedule a follow-up appointment with Dr. Abbasi for your suture removal 7-10 days post-operatively.
- During your first post-operative visit, Dr. Abbasi will go over your surgery and outline your specific rehabilitation.

OPERATIVE SITE

- You may remove the operative dressing on post-op day three
- Apply waterproof Band-Aids to the wounds. Please do not use Bacitracin or other ointments under the bandage. After this, you may shower. Gently pat the area dry. Do not soak your knee in water. Do not go swimming in the pool or ocean until your sutures are removed.
- An ACE wrap may be used to help control swelling. Do not wrap the ACE too tight.
- **KEEP THE INCISIONS CLEAN AND DRY.**
- Use ice or the Cryocuff as often as possible for the first 7 days, then as needed for pain relief. Do not wrap the Ace too thickly or the Cryocuff cold may not penetrate. Ice is best applied for 20 minutes shifts.
- If you develop a fever (101.5°), redness or excessive drainage from the surgical incision site, please call our office to arrange for an evaluation.

MEDICATIONS

- Enclosed are the following prescriptions for you to use post-operatively:
 - Percocet, a strong narcotic, is to be used only on an “as needed” basis for pain in addition to anti-inflammatories.
- Take an over-the-counter 81mg baby aspirin once daily, for two weeks following surgery. This helps decrease the risk of developing blood clots.
- If you have any adverse effects with the medications, please call our office.

EXERCISES

- You may ambulate using your crutches.
- Keep your leg elevated with a pillow under your calf, **NOT** under your knee.
- Please perform the exercises on the attached home exercise program 2-3 times daily:
 - Ankle pumps
 - Towel roll under heel to straighten knee
 - Isometric Quadriceps Strengthening
 - Straight Leg Raise (in brace if needed)