



### **KNEE ARTHROSCOPY POST-OPERATIVE INSTRUCTIONS AND EXPECTATIONS**

- 1) You may walk on the leg as tolerated, but avoid doing too much for the first day or two. You may use crutches to minimize discomfort, if needed.
- 2) The large bandages may be removed in 2 days. Replace the bandages with Band-aids over the surgical wounds.
- 3) It is normal to have swelling and discomfort in the knee for several days to weeks after arthroscopy, depending on what procedure was done.
- 4) Plan to take today and tomorrow off work. You may resume work when the pain and swelling subsides (this can be a week or more, depending on the type of work you do and the procedure that was done for your knee).
- 5) Take your pain medication as directed to help relieve pain.
- 6) Use the cold packs or cooling unit given to you at Northpoint. This should be used for 20-30 minutes at a time to the knee for the first week after surgery. This will help to reduce the pain and swelling. After the first week the cold therapy can be used as needed (at the end of the day or after physical therapy). **Elevate your leg.**
- 7) You may shower after two days. **DO NOT TAKE A BATH OR SWIM** until you see Dr. Simovitch at your first postoperative visit.
- 8) Avoid athletics for several weeks after arthroscopy (or until you have full motion and no pain). You may begin spinning (no resistance) on a stationary bike to help regain your range of motion, as soon as it is comfortable for you to do so, unless instructed differently by Dr. Simovitch.
- 9) Please follow-up with Dr. Simovitch at your pre-scheduled post-operative visit. If you have any questions call Dr. Simovitch's medical assistant, Leslie Lee at (561) 694-7776 extension 4131.
- 10) Sometimes your knee remains painful and swollen for several weeks, depending on the problem you have and the amount of surgery that was done. This is usually nothing to worry about, but call Leslie Lee (561)694-7776, ext 4131 if you have excessive symptoms, especially fever (after the first day or two), redness, or draining from the knee, and/ or numbness, tingling, or discoloration of the foot. Please call if your calf becomes significantly swollen or painful, or if any other problems arise as well.
- 11) Please do exercises: 20 repetitions, 3 times a day.
  - a. Ankle pumps
  - b. Straight leg raises
  - c. Quad sets