



# AMERICAN HIP INSTITUTE & ORTHOPEDIC SPECIALISTS

## Post-Operative Instructions Knee Arthroscopy

1. Remove your surgical dressing 3 days after surgery.
2. You may shower 3 days after surgery using gentle soap and water. Gently pat the incision dry after the shower. You may apply a fresh gauze dressing to the incision after the shower, or leave open to air if the wound is not draining.
3. Please do not use bacitracin or other ointments/creams on the incision site or under the bandage.
4. Do not submerge the incision under water. No baths, no hot tubs, no pools and no swimming until the wounds are fully healed, and you have received clearance by the American Hip Institute.
5. Use ice packs 3-4 times per day to help control pain and swelling.
6. Elevate the leg throughout the day. Your leg should be elevated on 1-2 pillows with the pillow placed under the calf, not the knee.
7. Begin physical therapy the day after surgery.

**8. Weight bear as tolerated.** You may discontinue crutch use once you feel stable without them. Your physical therapist will help you with this.

**9. Exercises to be performed:**

Foot Pumps: move ankle up and down for 30 repetitions every hour that you are awake

CPM machine: 4 hours per day

Gentle range of motion of the knee: While at rest, bend and straighten the knee at tolerated

Straight leg raises – with foot straight and rotated out: raise and lower the leg 25 times, 3 times per day

Isometric quadriceps contraction

1. Please call the office to schedule a follow up appointment 10-14 days following surgery if you do not already have an appointment scheduled.
2. If you develop a fever ( $>101.5^{\circ}\text{F}$ ) or redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
3. Use narcotic pain medications only as needed – you may discontinue use of the pain medication once your pain is controlled with Tylenol, Ibuprofen, or icing alone.

**If you have any questions, please feel free to call our office at:  
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