



KNEE ARTHROSCOPY POST-OP INSTRUCTIONS

(not for ligament reconstruction or meniscal repair procedures)

1. Keep the operative knee elevated above the heart as much as possible. You may alternate between having a slight bend in the knee and keeping it straight.
2. Do straight leg lifts (10 seconds each), 10 times each hour while awake.
3. Pump you ankle up and down at least 10 times an hour to keep the blood circulating in your leg until you are up and around regularly. This is to prevent blood clots.
4. Ice may be used as needed to help with pain if necessary. (A bag of frozen peas works well too!!!). You may not feel the ice particularly well in the first couple of days after the surgery due to the bulky bandages that are necessary to catch the leaking fluid from your knee
5. Take the pain medicine prescribed as needed for moderate pain. **DO NOT WAIT** until the pain is unbearable. You may also take aspirin or Tylenol for minimal pain.
6. When you get home take food and fluids in moderation. Sometimes the digestive system is slow after anesthesia. A scratchy, sore throat is not unusual.
7. If the Ace bandage feels too tight after surgery, remove and reapply the bandage so it is snug but comfortable. There should be good circulation in the foot (i.e., pink, warm toes and good pulses).
8. Expect minimal bloody drainage on the surgical dressing. Call Dr. Safran or his team if the bandage becomes saturated.
9. Bear weight as tolerated on the operative leg using crutches until you are seen in the office. Crutch walking is to prevent you from having pain elsewhere from compensation while limping (back, hip, ankle or other leg).
10. Make sure to have an appointment to see Dr. Safran or his team 2 – 4 days after the surgery. The staff will evaluate your knee, change the surgical bandage and give you further instructions. Alternatively, you may remove the dressing and replace it with band-aids 3 to 4 days after surgery.
11. Make sure you have an appointment to see the doctor 10 – 14 days after the surgery.
12. Showering is possible after the dressing is removed – after 3 days. Do not soak the knee (in other words - no bathtub, hot tub, Jacuzzi, swimming pool or ocean).
13. Dr. Safran will go over the findings during surgery at your first post-operative office visit.