



Valley Bone & Joint Specialists, LLC

**Post Operative Instructions
Knee Arthroscopy**

Your Diagnosis at Surgery: _____

You may remove dressing in 2 days

You may dress the incisions with band aids

You may continue to use ace wrap as needed for 2-3 days

Ice and elevate frequently for pain and swelling

You may ambulate full weight bearing as tolerated unless instructed otherwise by your doctor

Use crutches for ambulation as needed

You may clean the incisions with hydrogen peroxide daily

You may resume any regular home medications unless otherwise instructed

You can expect some slight drainage from your incisions

Take your pain medication as prescribed

You may also take Advil / Ibuprophen / Motrin as directed for additional discomfort unless otherwise instructed

Call and make an appointment for suture removal and check up in 10 days if not already done

You may resume your regular diet

You may shower – cover leg for 2 days

____ For ACL Reconstruction: Use brace locked while ambulating. Unlock for motion exercises as directed

Any problems call the office at 480 461 0047, and you will be directed to the doctor on call

**4850 E. Baseline Road Suite 118 Mesa, Arizona 85206
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