



## Post Operative Instructions

### Knee Arthroscopy

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/ Ibuprofen/ Motrin as directed for additional discomfort unless otherwise instructed

Call and make an appointment for suture removal and checkup 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)969-3531 and you will be directed to a doctor on call