

333 East 38th Street, 4th floor, New York, NY 10016 Tel: 646.501.7223
333 East Shore Road, Manhasset, NY 11030 Tel: 516.466.3351
133-03 Jamaica Avenue, Richmond Hill, NY 11418 Tel: 718.206.6923

Post-Operative Instructions: Knee Arthroscopy

Activity

- Rest the day of surgery.
- If you have obtained an ice machine/cryo-cuff, please discuss the instructions for use with the representative, and use it during the first week. You may also choose to use an ice pack to control pain and swelling. If so, do not put it directly on the skin. Apply for 20 minutes, three times a day.
- You may return to work when cleared by Dr. Alaia to do so. Lifting heavy weight is strictly prohibited unless allowed by the surgeon.
- Do not drive until cleared by Dr. Alaia to do so. You will discuss this with him on your first post-operative visit.
- Crutches or a cane may be necessary for 24-72 hours after the procedure to assist in ambulation. Dr. Alaia will discuss with you whether or not you may put weight on the leg.

Pain Medication

- Pain is common post-operatively.
- Your narcotic pain medication prescribed for you should be started immediately after your surgery. You may take 1-2 tablets every four hours as needed for pain.
- Take your pain medication *regularly* for the first 2-3 days after surgery (even if your pain is mild) in order to avoid rebound pain. Then, wean yourself to an “as needed” dosing regimen.
- Constipation is a common side effect from narcotic pain medication. Over the counter Miralax (Polyethylene Glycol) can alleviate this symptom.
- If you have any side effects from a medication we have prescribed, discontinue its use and call our office.
- Do not drink alcoholic beverages while taking narcotic pain medications.

Physical Therapy

- You will begin physical therapy at a time dictated by the physician, depending on the type of procedures that were performed.

Showering/Dressings/Incisions

- You may remove the bandages and shower on post-operative day three.
- **Do NOT** scrub the surgical incisions. Use soap on your thighs and let the soapy water run down onto the knee.
- It may be helpful to obtain a shower seat to assist in the showering process post-operatively.
- **Do not bathe or swim for the first 3-4 weeks** unless directed to do so by the physician.
- When done showering, pat the incisions dry with a towel and again, do not scrub. You may then apply band-aids. At this point you do not need to reapply the gauze pads.
- Your stitches will be removed at the first follow-up, typically between 7 and 10 days from the procedure.
- If Steri-Strips have been placed, these will fall off on their own and you do not need to worry about re-applying them.
- Swelling in the knee is normal after the procedure, as distention of the knee with water is important in performing the procedure. This should resolve on its own.
- You may also have some bruising in the leg after the procedure; do not be alarmed if this travels down the leg as may be expected as a result of gravity.

Follow-up

- Please call the office to arrange the follow-up visit. You should be seen between 7 and 10 days from the initial surgery unless otherwise instructed by Dr. Alaia.
- Call the office if you develop any of the following:
 - Fever > 101.0 degrees Fahrenheit
 - If the skin around the incisions becomes very red or develops a discharge
 - If you develop difficulty breathing or chest pain, report to your local emergency room.