

**Post-Operative Surgery Instructions:  
Arthroscopic Knee Surgery**

**Immediately After Surgery in the Recovery Room:**

1. After surgery you will be taken to the recovery room, where your family can meet you. You will have a **knee dressing** on your operated knee.
2. You will have a cooling device on your knee. This is used on the operated knee to reduce pain and swelling.
3. It is OK to move your ankle, foot and toes to increase circulation. It is okay to bend your knee. It is okay to walk on your knee with crutches.
4. If you have had a nerve block, you may not be able to move your operated extremity for up to 24 hours. The leg nerve block is used to decrease pain in your knee and wears off in about 6-24 hours. Start taking your pain medication as soon as you get home, and then as needed.
5. You will receive a prescription for pain medication for when you go home (this medication may make you constipated).

**The Next Day After Surgery at Home:**

1. It is OK to start bending the knee the day after the surgery. Bending the knee is actually encouraged at this time. It is ok to put pressure on the leg while walking. The crutches can be discontinued within a few days after surgery.
2. The large dressing can be removed and a small bandage applied 48 hours after the surgery. You will see small band-aids/pieces of tape called steri-strips covering the incision; they should remain on and eventually will fall off on their own.
3. It is OK to shower and get the wound wet after 48 hours. No soaking the wounds (no bath, no pool, no Jacuzzi, etc.). It is safe to wash knee without soaking the knee.
4. Use the knee cooling device as necessary for 3-7 days. Cooling does help reduce pain, swelling, and inflammation. At some point you will notice it is not giving much relief any more, that is when it should be discontinued.

5. Pain medication: As per office policy, we DO NOT call in medication refills after 5pm or on the weekend. Please let our office know during business hours when a refill is needed and we can call it in when appropriate.
6. Physical Therapy will be arranged for you on your first office visit after surgery, usually within 5-10 days of your surgery

**OFFICE VISIT:**

Please arrange to see Dr. Alpert in the office 3-10 days after surgery for suture removal and further instructions.

Physical Therapy will be set up on your first post-operative visit. An initial prescription is usually 2-3 times a week for 6 weeks. The total amount of Physical Therapy can last for up to 4-6 months.

If you have questions or concerns regarding your surgery or the rehabilitation protocol and exercises call **847-931-5300**.