



### **Post-Operative Instructions – Knee Arthroscopy**

1. Leave dressing/ACE/TED hose in place until you return to clinic.
2. You may walk on the leg as tolerated, but avoid doing too much for the first day or two. Use crutches to minimize discomfort.
3. It is normal to have swelling and discomfort in the knee for several days to weeks after arthroscopy depending on what procedure was done.
4. You may resume work when you are able. Returning to work depends on the type of work you do and the procedure that was done for your knee.
5. **Begin anticoagulation regimen:** Aspirin 325 mg once per day x 4 weeks. If you have any difficulty using blood thinners or have bleeding in your stool, please alert us.
6. **Begin anti-inflammatory regimen:** EC-naprosyn 500 mg twice per day for 4 weeks.
7. Constipation can occur with pain medication. Take an over-the-counter laxative such as colace or senna as needed.
8. Try to decrease pain medications as tolerated.
9. Use the cold packs or cooling unit given to you in the clinic or hospital. This should be used for 20-30 minutes at a time to the knee for the first week after surgery.
10. Avoid athletics for several weeks after arthroscopy (until you have full motion and no pain). Dr. Chin will let you know when it is safe to begin exercising. You may begin spinning (no resistance) on a stationary bike to help regain your range of motion, as soon as it is comfortable for you to do so, unless instructed differently by Dr. Chin.
11. Sometimes your knee can be painful and/or swollen for up to 6 weeks, depending on the problem you have and the amount of surgery that was done. This is usually nothing to worry about. However, severe and worsening pain, redness, drainage, or fever could indicate infection and you should contact Dr. Chin or the office.
12. Driving: If surgery was on your right knee, driving is not permitted until you are able to put full pressure on leg without crutches or until released to do so by Dr.Chin.

**If you have any concerns, please call Dr. Chin or our office at 832-698-0111.**