



**STERLING RIDGE  
ORTHOPAEDICS  
& SPORTS MEDICINE**

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**Post-Operative Instructions – KNEE ARTHROSCOPY**

**\*\*YOU MUST USE YOUR CRUTCHES UNTIL SEEN BY YOUR SURGEON AT YOUR  
1<sup>ST</sup> POST-OP VISIT\*\***

- Patients are allowed to shower the day after surgery (if no drains or pain catheter) with no submerging of wound until 3-4 weeks after surgery
  - a. Shower only
  - b. Wait 24 hours after drain is pulled (if used) to shower
- Wound to be covered at all times with Band-Aids, except while showering. Remove Band-Aids before showering. Allow wound to air dry. Re-apply new Band-Aids.
- No ointments, lotions or patches are to be applied to wound
- 1<sup>st</sup> post-op appointment will be the day after surgery or 1<sup>st</sup> day clinic is open after surgery
  - a. Dressing change and skin inspection
  - b. Review of pictures and procedure performed
  - c. If Lateral Release (remove drain)
    1. If it is over the weekend, patient will remove drain
  - d. 1<sup>st</sup> physical therapy appointment will be scheduled for you
- 2<sup>nd</sup> post-op appointment will be 7-10 days after surgery
  - a. Remove sutures
  - b. Apply Steri-Strips
- Weight bearing will be as follows:
  - a. 25% with crutches 1<sup>st</sup> day
  - b. Progress as tolerated to full weight bearing
  - c. May discontinue crutches when patient is not limping
- Icing
  - a. Days 1 & 2: 20 minutes every hour
  - b. Day 3: 10 - 20 minutes as needed