



ARLINGTON ORTHOPEDICS

What to expect after

Knee Arthroscopy

- ❖ You should not have ANYTHING to eat or drink after midnight the night before your surgery.
- ❖ This includes NO gum, mints, candy, lifesavers or lollipops!
- ❖ Please make sure to remove ALL jewelry.
- ❖ When you arrive at the hospital or surgery center, you will be checked in and given an IV.
- ❖ When you wake up, your knee will have pain medicine inside of it. This will provide you with pain relief for the first day. Even though your knee feels good, DO NOT over exert yourself during this period!!! You will regret it as it will hurt worse when the numbing medicine wears off!
- ❖ You should not need crutches, but if you feel they are necessary, ask for them before you leave the hospital or surgery center.
- ❖ During first three days, you should RELAX, ice and elevate the knee. You may do some walking, but keep it to a minimum! The pain is usually the worst when the pain medicine wears off, and then gradually subsides after that.
- ❖ Numbness, tingling, soreness and bruising are all normal.
- ❖ Your knee may also be warm to touch for the first few days.
- ❖ You may also experience swelling in the leg, ankle and foot. This is normal.
- ❖ I recommend ice and elevation
- ❖ You will likely continue to have pain for several weeks or even months.
- ❖ Recovery from knee surgery could take several months. BE PATIENT!
- ❖ All you need to do for the first two weeks is to slowly increase your walking.
- ❖ An exception to the above: Meniscus Repairs
 - ✓ Patients with meniscus repairs will be NON weight bearing for the 1st two weeks.
 - ✓ At your two week visit, you will have your sutures removed
 - ✓ You may be given a script for physical therapy depending on the extent of your surgery
 - ✓ You will be in therapy for about 4 weeks - 6 weeks or as needed
- ❖ Driving:

- ✓ If you had surgery on your LEFT knee, you can begin driving when you are no longer taking narcotic pain medications.
- ✓ If you had surgery on your RIGHT knee, you should figure on starting to drive when the knee is strong enough to press the brake in an emergency and you are off pain medicines.
- ✓ If you had a meniscal repair, this will be 6 weeks post-op
- ❖ Your restrictions will be as follows:
 - ✓ NO lifting / carrying / pushing / pulling greater than 10 lbs for 2 weeks
 - ✓ NO kneeling / crawling / climbing for 2 weeks