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## **Patient Instructions for Knee Arthroscopy**

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### **I. Incision Care**

Keep the dressings clean and dry. The bandage may be removed on the second day after surgery. You will remove the ace wrap followed by the white 4x4 sponges and then removed the yellow gauze. The sutures may be left open to the air.

Cover the incisions when showering for the first 10 days, after 10 days it is okay to shower without covering the incision. Do not soak the knee (bath, hot tub, pool, etc.) until after your sutures are removed.

### **II. Pain**

For pain control following a knee arthroscopy I recommend alternating Tylenol and Nsaid's such as ibuprofen (Motrin or Advil).

Take 2 Extra-Strength acetaminophen (Tylenol)  
4 hours later you may take 2 ibuprofen (Motrin/Advil)  
4-6 hours later take 2 ES Tylenol  
4-6 hours later take 2 ibuprofen  
Repeat this sequence for 72 hours  
After 72 hours you can start to wean off of these medications

Avoid the anti-inflammatories if you were instructed not to use them, such as patients that are on blood thinners or have kidney disease.

If your pain is not controlled with the acetaminophen (Tylenol) and ibuprofen (Motrin or Advil), call our office and a stronger pain medication can be called in to your pharmacy.

### III. Activity

Following surgery, apply ice and elevate your knee. I recommend icing 5 -10 times a day for the first few days and then as needed.

Unless instructed otherwise, you may apply as much weight as tolerated on your leg.

You can start these exercises day after surgery. Do 10 repetitions 3 times a day.

#### Chair Flexion and Extension Exercise



#### Straight Leg Raise Lying Down



If you have access to a stationary bike you can start this a few days after the surgery. Start with pedaling for 5 – 10 minutes every other day. You can increase 5 – 10 minutes as your symptoms allow.

If you want more home exercises you can find a Arthroscopy Exercise Guide at [WWW.ORTHOINFO.AAOS.ORG](http://WWW.ORTHOINFO.AAOS.ORG)

<https://orthoinfo.aaos.org/en/recovery/knee-arthroscopy-exercise-guide/>

#### **IV. Return Appointment**

An appointment for follow-up with Dr. Rosen has been scheduled for you 10-14 days following surgery at TP desk 1A. If you misplaced the time and date please call the office.

#### **V. Problems**

Please call our office if you have excessive swelling, bleeding, pain and/or fever.

Our office hours are Monday through Friday, 8:00 a.m. – 5:00 p.m.

During evening hours, weekends, or holidays, please contact our hospital operator at (858) 455-9100; an on-call orthopaedic surgeon will be contacted to assist you.