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Knee Arthroscopy - Post-Operative Instructions

DAY OF SURGERY:

1. You will meet a physiotherapist in the recovery room. They will instruct you on some exercises that you will begin doing tomorrow, and how to safely use your crutches.
2. Keep your leg elevated to decrease swelling, which will then in turn decrease your pain. Apply ice regularly, approximately 5-6x on the first day for ~20 minutes.
3. Prescriptions for pain medication will be given to you when you leave. You should avoid taking pain medications on an empty stomach, as it will make you nauseous. Otherwise, use the pain medication **ONLY** as needed.

DAY 1 AND UNTIL FIRST POST-OP VISIT:

1. Apply ice to your knee approximately 2-3 times a day. You may use it more frequently if you are having continued pain and swelling.
2. Wound care
 - a. You may remove the dressing on post-op day #2 and apply band-aids to wound sites to be changed daily for 10-14 days.
 - b. Please do not use polysporin or other ointments under the bandage as the wounds should be allowed to dry.
 - c. You may shower on post-op day #2 if the incisions are dry. Cover each incision with a waterproof band-aid, only for the duration of the shower. After showering, use regular band-aids over each incision throughout the day to allow the incisions to dry & heal.
 - d. Do not soak the knee in water or go swimming in a pool or in the ocean until your incisions are completely healed (~2-3 weeks).



3. Continue doing the exercises shown to you in the recovery room 2x day. Begin physiotherapy within the first week after your surgery.
4. Work/School
 - a. You may return to sedentary work/school in the next couple of days when you feel up to it.
5. Driving
 - a. Driving is permitted 2 weeks after the surgery if you meet the following criteria:
 - i. You no longer take narcotic pain medications
 - ii. You drive an automatic car. If you have a manual car, you could drive after 6 weeks.
 - iii. You can safely get in and out of your car. Please ask your physical therapist for instructions.