



POST OPERATIVE INSTRUCTIONS KNEE ARTHROSCOPY

1. You will be given 5 medications to take, use as directed on the bottle:
Ibuprofen 600 mg (Mild to moderate pain)
Percocet 5/325 mg (Severe pain)
Aspirin 81 mg (Blood clot prevention)
2. Take pain medication as directed, **DO NOT WAIT** until the pain is unbearable. After 24-48 hours, if you find the pain medication is too strong, you may switch to Tylenol 500 mg (no more than 8 tablets per 24 hours), Ibuprofen (Motrin, Advil), or Naproxen (Aleve).
3. Take aspirin 81 mg once daily by mouth for 2 weeks for blood clot prevention.
4. Apply an ice pack to the knee directly over the elastic bandage. Use ice 3-4 times a day for at least 20 minutes during the first week following surgery.
5. Elevate the operated leg as much as possible for the first 24 hours.
6. Weight bearing as tolerated; walk with crutches, weight bearing as tolerated for 24-72 hours, then discontinue the use of crutches. Bend the knee to tolerance.
7. You may loosen the bandage if it feels too tight or there is swelling below the calf, foot or ankle area. After 48 hours, you may remove the elastic bandage and the surgical dressing underneath and apply Band-Aids over the wounds.
8. You may shower once the elastic bandage and dressings have been removed, taking care to dry the skin thoroughly afterward. Do not sit in a tub of water, swim or rub the incisions until after the wounds are completely healed (usually 2 weeks).
9. Movement of the knee is encouraged as surgical pain subsides and comfort allows (unless a knee immobilizer has been applied). This will not jeopardize the result of the surgery.
10. Swelling and stiffness in the knee is to be expected for the first few weeks following arthroscopic surgery. After strenuous activities, you may re-apply the elastic bandage, elevate the leg and use ice as instructed above to help minimize the swelling and discomfort.
11. Call Dr. Beiro's office on the day following surgery to arrange for a follow-up appointment. Office phone number is **732-283-2663**. You should be seen in the office **7-10 days** following your procedure.
12. **Call Dr. Beiro's office/answering service immediately if you experience any persistent pain, swelling, excessive bleeding, tenderness in the calf area and/or shortness of breath. If for any reason you do not speak to a physician, please go to the nearest Emergency Department.**