



Orthopaedic Specialty Institute

Medical Group of Orange County

Robert Grumet, MD

POST OPERATIVE INSTRUCTIONS

KNEE ARTHROSCOPY

1. Day of surgery: Instructions Immediate Post-Op

- A. Diet: as tolerated
- B. Ice pack to knee every 1 to 2 hours, while awake, for 20 minutes.
- C. Pain medication as needed every 4-6 hours. It may be helpful to take pain medication approximately one-half hour prior to exercise session.

2. First Post-Operative Day

- A. Continue ice pack every 1 to 2 hours while awake or at least twenty minutes prior to and after exercise session.
- B. Pain medication as needed.
- C. Continue with your Ankle Pump and Quadriceps Set exercises. Try to accomplish a little more each time you do them.

3. Second Post-Operative Day until Return Visit

- A. Continue ice pack as needed.
- B. Continue exercise as tolerated.
- C. You may remove surgical bandage and shower this evening. Do NOT remove steri strips that cover your incision, as they are used to keep your wound together and protect your stitches.
- D. You will need to keep you operative site(s) dry when taking a shower. You can cover your incision with waterproof bandages (available at your local pharmacy) or plastic/cling wrap.
- E. Unless otherwise noted, you can place as much weight on the affected leg as you can tolerate. Most patients use crutches for about 3-5 days. Pain/Discomfort should be your guide to discontinuing crutch use.
- F. If there is no brace on your leg, you can bend the knee as tolerated.
- G. If you have a brace or splint on your leg, this must be worn for all weight bearing (walking) activities. The brace may be removed for showering and for short periods of time while relaxing (while watching television, reading, etc) as long as the leg is well supported.

For Return Appointments

Your 1st post-op visit will need to be scheduled for 10-14 days after surgery.

If you have any problems or questions please call our office at (714) 937-2113.

During business hours 8:00am-5:00pm, ask for Elyse.

If you have a problem after hours, the answering service will contact Dr. Grumet.

Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.