

Knee Arthroscopy  
Post Operative Care Instructions  
Dr. Tarlow –Advanced Knee Care, PC

You will go home the day of surgery with an ace wrap on your knee. You will be sent home with a narcotic pain reliever. If you experience nausea/vomiting for more than 24 hours after surgery it is likely due to the pain reliever. Phone our office for a new prescription. Please phone during business hours for prescription refills. Prescriptions will not be filled after hours or on weekends.

Activities: Limited for 24 hours after surgery, be sure to rest. Do not drive, operate machinery or power tools, drink alcohol or make important decisions or sign legal documents due to surgery and general anesthesia. Elevate foot and leg for 24-48 hours. Flex foot and ankle to decrease swelling.

Shower: Remove dressings, wash knee incisions, dry incisions and apply dry band-aid and ace 48 hours after surgery.

Follow-up appointment: Usually scheduled for 1 week after surgery. Call our office (480-483-0393) if you are unsure of your appointment time.

Crutches: Use crutches for comfort and walking (Full weight bearing) for 1-3 days. Stop crutches when able to walk comfortably and you have good leg muscle control.

Brace: Not routinely used after arthroscopy.

Exercises: SLR (straight leg raises) and knee range of motion (ROM) 25 reps twice daily beginning immediately postop. Start exercise bike on 3<sup>rd</sup> or 4<sup>th</sup> day postop for 15 minutes. Return to normal activities expected 1-8 weeks.

Ice: Knee swelling is expected and is diminished with Ice pack to the knee 20 minutes four times daily for 3-14 days.

Physical therapy: You have the option of attending formal physical therapy (office will direct you to a trusted professionals) or directing your own recovery with home and gym workouts. Physical Therapy usually begins 3-5 days post op. Rx for PT included in discharge papers.

Driving: May drive the day following surgery as long as narcotic pain relievers are not being used. Common sense dictates safe return to driving.

Return to Work: Usually 2-3 days if desk type work, 2-8 weeks for construction type work.

If you experience the following symptoms call our office as soon as possible (480-483-0393). These may be signs of infection or deep venous thrombosis.

- Severe pain with fever greater than 102 F.
- Limited knee range of motion.
- Calf or thigh pain that is consistent and does not go away.
- Trouble/pain with breathing/chest pain/shortness of breath.

E-mail: Dr. Tarlow – [doctlow@gmail.com](mailto:doctlow@gmail.com)

Website: [www.tarlowknee.com](http://www.tarlowknee.com)

Blog: [tarlowmd.blogspot.com](http://tarlowmd.blogspot.com)

Phone / Answering Service : 480-483-0393

Direct Scheduling line : 480-225-2343