



HUDSON VALLEY BONE AND JOINT SURGEONS, LLP

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Knee Arthroscopy Post-Operative Instruction Sheet

Note: If you have any further questions or if there is an emergency, please call Dr. Hochfelder's office at 914-631-7777 or go to the nearest emergency room.

1. Call Dr. Hochfelder's office for a follow-up appointment to be scheduled about 2 weeks after your surgery. Dr. Hochfelder will see you at this time and the sutures will be removed.
2. Remove the dressing 48 hours after your surgery. You do not need to re-apply another dressing. If there is still some clear drainage or blood tinged drainage, this is normal and you may re-apply an Ace Bandage for another day. Once the dressing is removed you may apply ice to your knee, on and off, for 10-15 minutes at a time, several times a day. Elevate the leg under the ankle, when possible.
3. You may bathe/shower immediately after removing the dressing. The sutures may get wet.
4. It is normal for your leg and foot to become mildly swollen and/or bruised after the surgery. This will go away after a few days – weeks depending on your own body. By the second or third week there may be some local irritation around the incision sites including a small amount of redness and swelling. This too is normal, as long as, there is no pus or new drainage.
5. Despite great care, any incision may become infected. If the site becomes markedly red, swollen, shows pus, or feels very hot, call Dr. Hochfelder's office.
6. Full weight bearing may begin immediately unless you are told otherwise after the surgery. The cane should be discarded the day after surgery.
7. Exercise: You may either exercise on your own, on a stationary bicycle, or elliptical machine, or go to a physical therapist. If you have difficulty exercising on your own please see a therapist. Some patients can only do a few minutes on the bicycle, which is fine as long as you make progress daily.
8. Diet: as tolerated
9. Medications: as prescribed for pain. You may also take Tylenol or Motrin instead for pain, but you may not take it with the prescribed pain medication.