



Jayson Lian, MD
LAOSS
18840 Ventura Blvd, Suite 208
Tarzana, CA 91356
818-708-3333

POSTOPERATIVE INSTRUCTIONS - KNEE ARTHROSCOPY

WEIGHT BEARING / MOVEMENT

You can walk and bend your knee as much as tolerated. Use your crutches as needed for the first week. If walking with two crutches is easy, you can progress to one crutch (held on the opposite side of your surgery). Do not go for long walks or stand on your feet for extended periods of time. This will cause swelling and pain.

ICE

An ice machine will be provided to you for after surgery. This will help decrease swelling and pain after your surgery. Use the ice machine as much as possible when you get home at intervals of 20 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping.

If you did not receive an ice machine – you should use ice packs over the surgical site regularly throughout the day. In addition to icing your knee, elevate your knee so that your toes are above your nose. This can help to reduce swelling.

MEDICATIONS

Local anesthetic will be injected into your knee after the completion of the surgery. This medication will wear off in 5 to 6 hours. To control your pain during this transition while the anesthetic is wearing off, you are to eat first and then begin taking the **pain medication** (Percocet, Norco). The pain medication can be taken 1-2 pills every 4-6 hours. Pain medication can cause constipation, you may take miralax once a day over the counter. You may also take Colace 100mg 1-2x/day.

You can supplement your pain medication with an anti-inflammatory (e.g. Advil, Aleve, etc.) – this will help you wean from the narcotic pain medication.

DRESSING/BANDAGES

Keep your surgical dressing clean and dry. You may remove your dressing two days after surgery. Please place waterproof band-aids over the incision sites. At this time, you may take a shower, however you should avoid direct contact on the incision sites. Please keep the incision sites clean and dry.

Do not take a bath or submerge your knee in water until your incisions are checked at your first post-operative visit.

TEMPERATURE

It is normal to have an elevated temperature during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision sites, or if there is increased drainage from the incision sites.

DRIVING

You may drive 3 to 5 days after surgery if you are not taking pain medication. If your right leg is the operative side, then you must have good control of your leg prior to driving.

APPOINTMENT

It is likely that our practice coordinator has already scheduled a post-operative visit for you. This should occur 7-10 days after surgery. At that visit your sutures will be removed, and you will be given a prescription for physical therapy.

If you need anything, the easiest way to us is to call 818-703-3333 or utilize the “Contact Us” tab on laorthos.com.