

Mehul R. Shah, MD
1999 Marcus Avenue, Suite 306
Lake Success, NY 11042
Tel: 516-467-8600 Fax: 646-754-9820

333 East 38th Street, 4th Floor
New York, NY 10016
Tel: 646-501-7223 Fax: 646-501-7234

Instruction Sheet following Arthroscopic Knee Surgery

Showering:

You may shower 48 hours after surgery. Please use **CAUTION!!** Be careful not to slip and fall. The effects of anesthesia and/or medication may make you drowsy or light-headed. If you have steri-strips (white paper strips) on your knee, these have to remain dry. Do not soak in a bathtub, hot tub, or pool until the doctor tells you it is O.K. to do so. Once you are done showering pat the wound dry and apply a Band-Aid.

Dressing:

Remove all cotton and yellow gauze 48 hours after your surgery. You do not need to put a new dressing on your wound; place Band-aids over them.

Cane:

You may use a cane as needed for walking. Remember the cane goes in the opposite hand. Most people use it for 2-3 days following surgery.

Ice and Elevation:

You can ice the knee to reduce swelling and discomfort. Do not ice the knee more than 20 minutes at a time. Let the knee warm up before reapplication. Avoid getting your wound wet. If you have a Gameready/cryocuff you may keep this on as instructed by the manufacturer. When you are not walking your leg should be straight with a pillow under your foot or ankle (not behind your knee). Try to elevate knee as much as possible to reduce swelling.

Follow-up visit:

You need to see the doctor about one week following surgery for your first post-op visit. At that time your sutures (stitches) will be removed.

Physical Therapy

Physical therapy usually begins one week following surgery. You will receive a prescription for therapy during your first post-op visit.

Common Concerns:

Bruising and/or swelling of the knee, ankle, or foot are common after surgery. To relieve this discomfort it is best to ice the knee.

Please call if:

- 1 If at any time you have discomfort, swelling, or redness in the calf (behind the leg between the knee and the ankle) please call the doctor immediately.
- 2 Any oozing or redness of the wound, fevers (>101.3 degrees F), or chills.
- 3 Any difficulty breathing or heaviness in the chest.

REMEMBER - these are only guidelines for what to expect following arthroscopic knee surgery. If you have any questions or concerns please do not hesitate to call the office.