



Post-operative Calendar After Knee Arthroscopic Surgery

Days 1-14

- Ice and elevate leg as needed for pain control and swelling
- Weight bear as tolerated
- May remove bandages after one week and shower but no baths. May cover incision sites with Band-Aids

Week 2

- Return to clinic for suture removal
- A physical therapy referral will be provided if needed
- Gradually return to normal activities as pain allows
- After your first post-operative appointment you may then follow up on an as needed basis

Tips:

- It is okay to take NSAID medications (ibuprofen, naproxen) or Tylenol/acetaminophen per package directions for pain if needed
- Avoid soaking the knee in lakes, ponds, hot tubs, etc. for 4 weeks after surgery, until the incision is fully healed, to prevent infection