

# Post-Operative Instructions for Knee Arthroscopy



**Bucks County  
Orthopedic  
Specialists**

[www.BucksOrtho.com](http://www.BucksOrtho.com)

## When can I change my Dressing?

You may change your dressing 24 hours after surgery. You should cover your incisions with light gauze or Band-Aids.

## When can I take a Shower?

You may shower and get your incisions wet when your wounds are dry and there is no drainage, usually 1-2 days. We recommend a quick shower followed by patting the incisions dry. Do not take a bath with the wounds under water until the sutures have been removed.

## How long should I use Crutches?

Crutches are used for your comfort. Most people find them helpful for the first day or two, until they feel comfortable walking without them. Some types of surgery require crutches for a longer time; your surgeon will tell you if this applies to you.

## What Exercises can I do to speed my recovery?

While formal physical therapy is not always needed after Knee Arthroscopy, an exercise program will help speed your recovery. First work on range-of-motion exercises, then add straight leg raises. Walking is an excellent exercise after surgery.

## When can I Drive?

Driving after surgery can be dangerous, and an individual who operates a motor vehicle is responsible for their actions. Obviously, you should not drive while taking narcotic pain medication. You may drive when you can ensure the safety of yourself and the others on the road, even in an emergency.

## When can I resume Full Activities, Exercise and Sports?

You may begin to gradually work up to your usual activities as soon after surgery as you feel comfortable. It often takes 1-2 weeks for the pain and swelling to decrease enough to attempt routine activities and up to 8 weeks for strenuous lifting or contact sports.

*If you have a concern or question after the procedure, please call our office at 215.348.7000.*