



Post-Operative Instructions

Knee Arthroscopy

- Be sure to lay down with your feet elevated up above the level of your heart for an hour in the morning and an hour in the afternoon.
- Ice your operative site for 72 hours after surgery. You can leave ice on the site for 30-45 minutes at a time if it is not uncomfortably cold. Ice the site 3 to 4 times each day.
- Remove your knee bandage 48 hours after surgery. After removing the bandage, leave the incisions open to the air if they are dry. If they are draining, cover the incisions as necessary. If drainage persists for more than 2 days after you remove the original surgical bandage, please call.
- You may shower 4 days after surgery provided there is no drainage. Do not soak your knee for 3 weeks after surgery.
- Walk a little bit more each day as your pain allows. You may put as much weight as is comfortable on your operative leg. Use your crutches as needed for pain control. Work your way off of the crutches as your pain allows.
- Use the prescribed anti-coagulant to reduce your risk for developing a blood clot.
- Follow up with me in 1 week. If you do not already have one, call my office to schedule your follow-up. (804) 288-3136, ext. 11050.
- You may not drive while taking narcotics or using crutches.
- Call with questions. (804) 288-3136, Extension 11050.



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Harry J Shaia, MD

General Orthopaedics
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