



Knee Arthroscopy – Post-op Visit 1 Instructions

- Continue to use the prescribed anti-coagulant to reduce your risk for developing a blood clot for the first 3 weeks.
- If you are not already off your crutches, begin to work your way off them as your pain and balance and strength allow.
- You may go out in the car as you are comfortable. You may not drive while you are still taking narcotics. Before driving, you must be confident that you can operate your vehicle.
- You may walk for day to day activities but do not walk for exercise yet. Hold off on cardiovascular exercise until follow-up.
- You may get your incisions wet but do not soak or scrub them or let the water beat directly on them. Three weeks after your surgery, you can have the incisions under water and use scar creams and lotions on the incisions.
- Work on home exercises provided to you today and on knee range of motion.
- Please make an appointment to see me in 2 weeks.
- Call with questions. (804) 288-3136, Extension 11050.



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starts
here.**

Harry J Shaia, MD

General Orthopaedics
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