

Post-Operative Instructions:  
Knee Arthroscopy

1. Take pain medicine as directed. Do not wait until pain is unbearable as the medicine will be less effective.
2. Apply ice to the knee directly over the bandage. Ice at least 20 min 5 times a day for the first 48 hrs.
3. Elevate the operated leg as much as possible during the first 48hrs and then as necessary.
4. If pain is severe between doses of pain medicine over-the-counter ibuprofen may be taken. Take 600mg every 6 hrs. (Maximum 2400mg in 24 hrs).
5. Leave the dressing in place for 48 hrs. The elastic wrap may be loosened and reapplied if it is too tight. After 48 hrs remove the dressings and apply band-aids over the incisions. It is normal to have drainage on the post-op bandage.
6. You may shower after 48hrs. Dry incisions carefully with a clean towel and apply new band-aids. Avoid Bathtub and pool use until the sutures are removed at your follow-up office visit.
7. You are encouraged to use crutches or a walker for the first 1-2 days following surgery. Bearing as much weight as you can tolerate on the operated leg. Gradually wean yourself off of their use during the first 7 days after surgery.
8. Movement of the knee (unless a knee immobilizer has been applied) will not jeopardize the result of surgery and is encouraged as surgical pain subsides and comfort allows.
9. Exercises on the back of this sheet should be performed at least 2 times a day. These will help build strength and enhance your recovery.
10. Swelling and stiffness in the knee is normal for several weeks following surgery and can be minimized by limiting activities, reapplying the elastic bandage, elevating the leg, and applying ice after activities.
11. Call Dr. Tyndall's office if you notice any redness, increased warmth, swelling, or discharge from incisions or if the post-operative discomfort increases and is not relieved by a



William A. Tyndall, M.D., Ph.D.  
2525 Ninth Ave, Suite 2B  
Altoona, PA 16602  
814-949-4050

combination of applying ice, elevation, and taking pain medicine as directed.

12. Dr. Tyndall can be reached at 814-574-1855. The office can be reached at 814-942-1166 anytime. If you are experiencing an emergency go to the ER or call 911.