



Post-Operative Instructions – Knee Arthroscopy

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Wound Care

- Do not remove dressing until post-operative day #3.
- You may shower on POD #3. Once the dressing is removed on the 3rd postoperative day, you can get the small incisions/portals wet in the shower - do not submerge in any type of water (bathtub, pool, ocean or hot tub) until 3 weeks after the surgery.
- Mild pink drainage is normal.

Weight Bearing & Swelling

- Weight bearing as tolerated. Crutches are for comfort.
- Elevate and ice aggressively for first 48–72 hours. Try to take it easy for the first 2–3 days after the knee arthroscopy to prevent (more) swelling in the knee.

Pain Control

- 1000 mg Acetaminophen + 600–800 mg Ibuprofen (together –at the same time) 3 times a day with food.
- If needed: 5 mg Oxycodone every 4–6 hours (limit use).

Exercises

Straight Leg Raises (Start POD #1)

Goal: 30–50 repetitions at one time. Hold 30 seconds. Progress gradually.

- Formal physical therapy for the knee should begin within the first week after the arthroscopy – so if this has not been set up yet –please give our office a call.



Heel Slides (Start POD #3)

Slide your heel toward your buttock as far as possible to improve knee motion.



Recovery requires patience and consistency. Please call office **781-769-6720** with any concerns.