



Post-Operative Instructions for Knee Arthroscopy

Dr. Bushnell

☐ Meniscectomy,

Progressively increase weight-bearing while using the crutches

Use crutches until you can walk without a limp and without significant pain

While sitting, straighten and bend the knee several times per hour

You can shower on the 3rd day after surgery, do not submerge extremity for 2 weeks

Steri-strips can be removed 5 days after surgery

Your sutures are under the skin and will dissolve on their own

Do not put Neosporin or other ointment on the incision sites more than once daily

Return to daily activity as your are comfortable

☐ ACL, meniscectomy, meniscus repair, microfracture, MPFL reconstruction

Knee brace should be used at all times

Use crutches and put _____ weight through the operative leg

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Begin Physical Therapy _____

-Kinex Equipment

You can use the TENS unit and cold pack as often as wish

Begin CPM _____ and progress as you are able

DVT/blood clot precaution

Use compression stockings for 2 weeks

Take 325mg(adult strength) aspirin 2 times per day for 2 weeks

Pain Medications

Call the clinic (706-236-6362) during office hours to request pain medication refills

Medication refills may take up to 24 hours to be approved

Per clinic policy- NO medication refills will be made after hours or on weekends

