



Vipul Dua M.D., LLC  
www.drVIPULduaorthopedics.com

## KNEE ARTHROSCOPY AND PARTIAL MENISECTOMY

Following your knee arthroscopy surgery, you will be discharged home the same day.

### Activity

You can bear full weight on the operative extremity immediately following your procedure. No assistive devices will be necessary to help you ambulate. Walking is encouraged in addition to performing ankle pump exercises. Strict elevation of the lower extremity above the level of the heart, in addition to frequent application of ice, is advised for the first 48 hours. **Avoid high impact activities during the first 2 weeks of your recovery.**

### Dressing

A large dressing will remain on the operative extremity for the first **48 hours after surgery**. Once this is removed, the incisions should be covered with Band-Aids. **Do not** remove the steri-strips directly over your incisions. Allow these strips to fall off on their own. **You may shower and get the incisions wet if they are healing appropriately and without drainage 48 hours after your procedure.** Do not soak the incisions! Avoid using creams, lotions, and other topical products on the incisions until you are evaluated at your post-op appointment.

### Deep Vein Thrombosis Prevention

Walking as tolerated is encouraged. When you are not ambulating, it is beneficial to perform ankle pump exercises frequently. Swelling in the operative leg is expected so be sure to strictly elevate the leg above the level of the heart for the first 48 hours.

### Driving

You may begin driving as soon as you can sit comfortably in the car and are able to control the gas/break pedals without difficulty. Do not take narcotic pain medication prior to driving!

### Work

Timing for returning to work will depend on the field of work you're in. Most people are able to return to work the week after the procedure. Everyone recovers differently so we will determine appropriate return to work dates for your situation.

### Pain Management

You will be provided with pain medication prescriptions at your pre-op appointment. It is important that you stay on top of your pain and take the medications as directed. If you need a refill of your pain medications call the office ahead of time. Please allow us 24-48 hours to complete your request. Prescriptions will only be filled during normal business hours. Narcotics cannot be called into the pharmacy so you will need to pick up a prescription at the office.

Please call the office immediately if you develop any of the following worrisome symptoms: High spiking fevers >101 degrees Fahrenheit, chest pain, shortness of breath, severe uncontrolled pain, calf swelling/tenderness, spreading redness around incision, drainage from incision, or inability to move extremity. If you experience these symptoms outside of normal business hours, the office will connect you to the physician on call.