



POSTOPERATIVE INSTRUCTIONS

Major Knee Arthroscopy

Rehabilitation or physical therapy instructions, when needed, are provided separately.

Weight Bearing and Brace

- For ACL reconstruction or meniscus repair, remain non-weight bearing until instructed otherwise.
- Use crutches and do not place weight on the operated leg.
- Keep the knee brace locked in extension until your 2-week postoperative visit.
- You may tighten or loosen the brace straps for comfort and fit. Do not change the hinge settings, stops, or allowed range of motion.
- Your weight-bearing and brace plan will be reviewed at the 2-week postoperative visit.

Incision and Bandage Care

- Keep the Ace bandage in place for the first two days after surgery.
- Remove the Ace bandage on postoperative day 3.
- After the bandage is removed, you may shower and let water gently run over the incisions. Do not soak or submerge the knee until cleared.
- After showering, pat the incisions dry and cover them with Band-Aids for protection.

Pain Control - Goal: Minimize Opioids

- **Acetaminophen (Tylenol):** Take 1,000 mg (two 500 mg Extra Strength tablets) three times a day unless instructed otherwise.
- **Anti-inflammatory medication:** Unless you were prescribed Celebrex or a different anti-inflammatory, take ibuprofen 800 mg three times a day with food.
- **Do not combine NSAIDs.** Do not take ibuprofen together with Celebrex, meloxicam, naproxen, diclofenac, or another NSAID. If you have been told to avoid NSAIDs, do not take ibuprofen unless specifically instructed.
- **Muscle relaxer:** Flexeril (cyclobenzaprine) may occasionally be prescribed for muscle spasm. Take it only as directed. It can cause drowsiness.
- **Oxycodone / Percocet:** Use only if pain remains unbearable despite Tylenol and your anti-inflammatory medication. Use as little as possible. The goal is to avoid opioids whenever possible.
- **Important Tylenol warning:** Do not take additional medicines that contain acetaminophen. Percocet contains acetaminophen and counts toward your daily total.
- **Alcohol and driving:** Do not drink alcohol or drive while taking oxycodone, Percocet, Flexeril, or any medication that makes you sleepy or impairs your judgment.
- **Blood thinner:** If an anticoagulant or blood thinner is prescribed, take it exactly as instructed.

Activity

- Use your crutches as instructed and protect the operated leg from weight bearing.
- Your rehabilitation and exercise protocol is provided separately.

Follow-Up

- A follow-up appointment will be scheduled to monitor your recovery.
- Call the office if you have questions or concerns before your follow-up.

Call the Office for Any Other Concerns

- Increasing redness, swelling, warmth, or drainage from the incision.
- Fever or chills.
- Severe or worsening pain that is not improving as expected.
- Persistent calf swelling or calf pain.
- New numbness, weakness, or color/temperature change in the foot.

CALL 911 OR GO TO THE EMERGENCY ROOM

For any emergent issue. Do not use the office or urgent postoperative text line for an emergency.