



POSTOPERATIVE INSTRUCTIONS

Minor Knee Arthroscopy

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

Weight Bearing and Activity

- There are no specific weight-bearing restrictions for minor knee procedures such as meniscectomy or debridement.
- Move and walk as tolerated. Let your pain level guide your activity.
- Avoid strenuous activity, running, pivoting, or deep squatting until your knee is comfortable and you have been cleared to advance activity.

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.

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.

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.