



KNEE ARTHROSCOPY DR. ORYHON

PROCEDURE: Knee Arthroscopy Right Left

GENERAL INSTRUCTIONS:

Use pain medication and/or ice packs when your knee hurts. It is generally advised (but not necessary) to take pain medication before you do your exercises and apply ice packs to your operative knee after exercises.

KNEE PRECAUTIONS:

No specific restrictions for knee arthroscopy. You may return to normal activity as tolerated. Do **not** drive while taking narcotic pain medicine.

PHYSICAL THERAPY/REHAB:

Return to full weight bearing and increase activity as tolerated.
You may be provided an at-home knee conditioning program or physical therapy to help rehab the knee.

WOUND CARE:

Your sutures will be removed at your post-op visit.
You do not need to keep the incisions covered, but the ace bandage can provide comfort and help with swelling.
Dry dressing change to incision if there is drainage (usually not needed past one week from surgery).
Shower is allowed (without covering wound) once wound is completely dry (no drainage on dressing).

MEDICATIONS AND PRESCRIPTIONS:

Pain medicine as prescribed (usually Norco 5/325mg 1-2 tabs every 6 hrs as needed for pain).
Additional anti-inflammatories like Advil, Aleve, or ibuprofen will help with swelling and inflammation.
Stool softeners such as Miralax can be helpful for constipation while on pain medicine.
Also refer to the discharge medication reconciliation regarding your other medicines.

CLINIC FOLLOW-UP:

Dr. Oryhon or his PA Sayra will see you for follow-up 10-14 days after surgery.
If you have any concerns before your appointment please call the office (847) 381-0388.