

# After Your Knee Scope Surgery

**Dr. Paul Nielsen**

## Dressings and Wound Care

- After surgery you will have a dressing on your knee to help with swelling and protect incisions
  - You may remove the dressing in 3 days and replace with an ACE wrap to cover the steri-strips
- It is ok to shower over your incision after removing the dressing but do not soak or immerse in any fluid

## Medications

- You will be prescribed pain medications to control your pain after surgery
- Aspirin is usually prescribed for 2 weeks after surgery to decrease the risk of a blood clot while you are recovering

## Activity

- You are allowed to put full weight on your injured leg
  - Crutches may be used as much as needed to walk with soreness in the leg
- Knee range of motion is encouraged immediately after surgery to avoid stiffness
- Avoid high impact activities and strength exercises until your first follow up
- Physical therapy is normally started within a few days after surgery
  - Call our office if you did not receive a therapy order

## Follow-Up Care

- You will have an appointment in clinic 10-14 days after surgery
- Therapy and rehab generally continue for at least 6 weeks

## Results

- Pain and soreness can remain for several months afterwards
- If your knee has significant arthritis, it may continue to cause symptoms even after your knee scope surgery