



Department of Surgery  
DIVISION OF ORTHOPAEDIC  
SURGERY

Département de chirurgie  
DIVISION DE CHIRURGIE  
ORTHOPÉDIQUE

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## POST-OPERATIVE INSTRUCTIONS FOR PATIENTS AFTER ARTHROSCOPIC KNEE SURGERY

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### Pain Control

You will be given a prescription for pain killers on discharge from the hospital. These may be taken “as required”. You may take Tylenol, ASA or Advil instead as the pain decreases.

### Crutches/Weight Bearing

You may put as much weight on the leg as you are comfortable with. Crutches are for comfort only. You may stop using them as soon as you are comfortable walking without them.

### Dressings/Showering

The dressing consists of an elastic bandage, gauze, and sutures into the skin wound. After one day you may remove the bandage and gauze and place band-aids on the skin incision. You may shower on the third post-operative day. You may then remove the band-aids and leave the wound exposed to air.

### Follow-up/Physio

You will be given a follow-up appointment approximately two weeks after surgery. At that time, your requirement for physiotherapy will be assessed and physio may be started depending on swelling, pain and surgery performed.

### Questions/Concerns

If there are any concerns beyond what has been mentioned, do not hesitate to call the office during working hours at 613-737-8081. If you are concerned that this is an urgent matter, there is 24-hour coverage available at the General Campus of the Ottawa Hospital, and you can simply present yourself to the Emergency Department and be assessed in that fashion.

Correspondence Address:

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