



George Ackerman, MD
Knee Arthroscopy Post Operative Instructions

Pain Medication

- Most patients find Tylenol (1000mg) and/or Advil (600mg) effective for pain control.
- A pain medication prescription has been sent to your pharmacy and can be used if needed.

Ice

- You can ice the knee to reduce swelling and discomfort. Apply for 20 mins per hour as needed.
- If you are using a cryotherapy machine, you may use it as directed (machine has a timer).

Dressing

- Keep the dressing dry and remove bandage 48 hours after surgery.
- Place band-aids over the incisions and you may re-wrap the ACE bandage if you wish.

Showering

- You may shower 48 hours after surgery.
- Please use caution! Be careful not to slip and fall. The effects of anesthesia and/or medication may make you drowsy or light-headed.
- Do not soak in a bathtub, hot tub, or pool until the sutures are removed.
- Once you are done showering, pat the incisions dry and apply band-aids.

Cane

- You may use a cane if needed for walking for the first 1-3 days following surgery.

Physical Therapy

- Please start PT within 1-3 days of surgery.
- Contact our office if you have not received a prescription or need assistance.

Follow-up Appointment

- Please follow up with Dr. Ackerman 1 week after surgery.
- Call the office to set up the appointment if you do not already have one scheduled.

Common Concerns

- Bruising and/or swelling of the knee, ankle, or foot are common after surgery. To relieve this discomfort, it is best use ice and elevation.
- You may drive when you feel safe doing so (generally after 3-5 days). Do not drive while taking pain medication. Please practice first in a safe environment.

Please call if:

- If at any time, you have discomfort, swelling, or redness in the calf (behind the leg between the knee and the ankle)
- Any oozing or redness of the wound, fever (greater than 101.3° F), or chills
- Any difficulty breathing or heaviness in the chest

These are only general guidelines for what to expect after Arthroscopic Knee Surgery. Please do not hesitate to call the office (516) 243-8506 or send Dr. Ackerman a message on the Patient Portal if you have any questions or concerns.