

KNEE ARTHROSCOPY - POST OP INSTRUCTIONS

1. Keep dry (bag or gladwrap) when showering for five days
2. Remove outer bandage only after 48 hours. Replace inner dressing only if needed
3. Use regular ice (20 mins x 2-3/day)
4. Ibuprofen/Nurofen as needed in addition to pain medications
5. Calf raises/leg lifts/mini squats x 10-20 3 times/day
6. See Dr Jones in one week (ring for appt) or if problems
9553 1616