

Dr. Boyd's Knee Arthroscopy Discharge Instructions:

Keep Incision clean and dry covered with tegaderm dressing, may shower anytime. Please remove ace wrap dressing before showering.

May stop using ace wrap dressing after 3-7days.

Crutch Weight bearing as tolerated for the next 7-14 days.

Regular Diet

Resume previous home medications as prescribed

For pain control: tylenol every 4-6 hours, oxycodone 1-3 tablets every 3-4 hours as needed, and may take motrin as needed as well

Ice on and off for the next week

Follow up in the office in 10-14 days for a wound check, I will take the tegaderm dressing off in the office

If you have any problem: contact email jean@fairoaksortho.com or 703-620-3090 ext. 150

Post-op Physical Therapy

For the first two weeks after surgery, please work on doing range of motion exercises as tolerated from full extension to full knee bending.

You will be given a prescription for formal physical therapy for strengthening and modality treatment at your post-op visit.

If you wish you can call to schedule your first therapy visit prior to surgery, but do not schedule the appointment until after your first post-op visit in my office.