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Knee Arthroscopy

- Keep the post-operative dressings clean and dry. You can remove the bandages 1-2 days after surgery - but leave the Steri-strips in place. Keep the wounds covered with a small sterile dressing until your post-operative appointment. Take care when showering to keep the wounds dry.
- Apply ICE to the knee regularly to help reduce pain and swelling. Elevate the leg for the first 24-48 hours.
- You may walk on the leg as tolerated. Use crutches to minimize discomfort for the first day or two if desired. Normal walking is encouraged after 2 days.
- Take analgesics for pain relief (do not drive a car while taking prescription pain medication)
- You will require at least a couple of days off work to recover and then may resume work when the pain and swelling subsides, depending on your type of employment.
- Avoid sports and rigorous exercise for at least the first few weeks after your procedure.

- Your post-operative appointment has been scheduled approx. 12-14 days after your surgery.
- It is normal to have some swelling and discomfort in the knee for the first few days (or weeks, depending on what procedure was done) but fever or chills, nausea, unrelenting pain, redness around incision sites, color change in foot or toes, or significant swelling or numbness may indicate an infection.
- It is normal to have bruising around and at the surgical site
- If you are concerned, contact our office at (281)985-9342.