

## Dr. Sketchler's Post Op Instructions for Knee Arthroscopy

Follow the directions listed below unless otherwise specified by Dr. Sketchler:

1. On the day of surgery keep the knee elevated. Keep an ice pack on the knee for comfort overnight if possible.
2. Use your crutches for the first two days and bear full weight as tolerated. You may bend the knee slightly in the bandage.
3. Two days after the surgery remove the entire knee bandage. You will see the three small incisions with their stitches. It is okay to get them wet after the bandage comes off with soap and water and in the shower. Do not submerge the knee under bath water or swim for a full two weeks.
4. Once the bandage is removed on post operative day two, begin moving the knee more. Gradually try to get around bearing full weight and gradually begin to leave the crutches aside.
5. You may continue to use the crutches as long as necessary for comfort. In general, most people are able to walk fairly comfortably with some soreness within five days after the surgery.
6. Swelling and bruising of the knee is normal after this surgery. Do not be alarmed if the knee feels tight or swollen or somewhat warm for a week or two after the surgery. The swelling will gradually subside. The amount of swelling will depend on the type of surgery performed.
7. You may continue to use ice and elevate as needed for swelling or pain the first few days.
8. Start the antibiotics prescribed the day after the surgery and begin weaning off the pain medication as your knee improves.
9. Knee arthroscopy is not an instant cure. In some cases it will take several weeks or sometimes up to two or three months to completely heal.
10. The end result from your surgery will depend on the type of injury you sustain, the size of the cartilage tear repaired or removed and mainly on the degree of any preexisting arthritic changes within the knee joint. In general the more arthritis that is present before the surgery the more you will likely have some knee discomfort with activities afterward.

Dr. Sketchler's office phone numbers are: Pontchartrain Bone and Joint Clinic – (504) 885-6464  
Destrehan – (985) 764-3001  
After hours (504) 457-2727

I have received and understand the discharge instructions provided to me.

---

Patient's Signature

---

Date