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POST-OPERATIVE PROTOCOL KNEE ARTHROSCOPY

Wound Care:

Steri-strips remain on incision for **two (2) weeks**

Ace Bandage remains on your knee for **two (2) weeks**

Stocking remains on your knee for **one (1) week**

Ice at least **four (4) times per day for thirty (30) minutes**

Shower with extremity **covered** for **one (1) week**

You will be **partial weight bearing** for three (3) days after surgery, using a cane or crutches.

Refrain from prolonged walking or standing for at least one (1) month post operatively.

You will be **unable to drive a car** for at least three (3) days following surgery, and **unable to drive a car while on pain medication.**

Exercise everyday following the instructions given to you at surgery (i.e., straight leg raise, quad sets, knee bending).

- Today you can begin to ride a **stationary bike**.
 - Start at 10 minutes per day with no resistance and slowly increase the time (by 1-2 minute increments).
 - Once you have reached 30 minutes you may add some mild resistance every few days.
 - Ultimate goal is to ride continuously for 1 hour per day, 5 days per week with moderate resistance.

Medications:

As prescribed for pain and inflammation.

Physical Therapy:

Begins one week after surgery and lasts three (3) times a week for four (4-6) weeks.

Post Op Visits:

- Initial post op visit is one (1) to three (3) days following surgery.
- Your next postoperative visit will be in one (1) week for suture removal if necessary or in about four (4) weeks if there were no sutures.