
Post-op Instructions Knee Procedures

Brace

Please wear your brace at all times until your follow-up appointment unless instructed otherwise. Only remove your brace for physical therapy, home exercise and bathing.

Ice

Apply ice bags or use the cooling device to control swelling and help with pain. Ice should be applied 20-30 minutes at a time, every hour or two. Put a thin towel or t-shirt next to your skin if using a plastic bag to help prevent getting an ice-burn. Icing is most important in the first 48 hours, although using for longer can help.

Surgical Site

May remove ace-wrap and web-roll 5 days after surgery for arthroscopic only procedures and 7 days for open procedures. It is important to keep your incision covered and dry at all times. If your bandage needs to be replaced sooner, you should contact the clinic.

Showering

You may shower 5 days after surgery keeping your incision dry with a watertight bandage or plastic bag placed over the arm and sealed securely. Sponge baths are allowed prior to this time. You may get the dressing wet starting at 7 days after surgery for arthroscopic only surgery and 14 days for any open procedures.

Warning signs

If you have green/yellow drainage, fever > 101, chills or pain not controlled by the pain medications please call the clinic (650-493-5000 x66101) during daytime working hours or the VA operator afterhours and weekends and ask for the orthopedic surgeon on-call.

Follow-up

Generally, patients follow-up 10-14 days after surgery. We also encourage contacting a physical therapist as soon as possible following surgery.