



## Frequently Asked Questions After Knee Surgery

- Q: Will I need to use crutches after Surgery?
  - After an ACL reconstruction, you may begin weight bearing as tolerated (WBAT) once the nerve block wears off. You may not need crutches after.
  - After a meniscectomy, you do not need to utilize crutches. You may need assistance of crutches until the nerve block wears off.
  - After a meniscus repair, you will be partial weight bearing for the first 3 weeks, with the assistance of crutches.
  
- Q: Will I need to wear a brace after surgery?
  - If this is an ACL reconstruction, you will need to wear the brace for at least 8 weeks, until adequate quadriceps control is achieved.
  - If this is for a meniscectomy, a brace is not required.
  - If this is for a meniscal repair, you will need to wear the brace for 4-6 weeks.
  
- Q: Can I use the stairs after my surgery?
  - Generally, yes. When climbing stairs, make sure you are leading with the non-surgical side. When going down the stairs, make sure you are leading with the crutches and surgical side. Try to utilize a ramp or elevator when possible. Go slow!
  
- Q: When can I start driving after my surgery?
  - In order to safely drive, two criteria MUST be met:
    - You must be off of narcotic medications for at least 24 hours prior to driving
    - You must be able to safely move your foot from the gas pedal to the brake pedal without delay or hesitation!
      - For right knee surgery, it is recommended to wait until the pain is well-controlled and the knee can be used smoothly.
      - For left knee surgery (and you drive automatic), you may drive once off narcotic pain medications and reaction times are at your baseline (typically 4 weeks).



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- Q: I am experiencing a lot of swelling. Is this normal, and what can I do?
  - Swelling is very normal after surgery, especially in the lower extremities due to the effects of gravity. Try to elevate your legs as much as possible in order to combat this. Try to sleep with your legs propped up. The idea is to get your legs above your the level of your heart. Ice is your best friend. Utilize ankle pumps to improve circulation back to your heart.
  
- Q: When can I shower?
  - You can take a shower as the dressing is waterproof. Do not remove the dressing and sit in a shower chair. The incision will be assessed at the first post-op visit (10-14 days after surgery). DO NOT submerge the leg in water (i.e. bathtub, pool, lake, etc.) until cleared to do so by the provider, typically at 8 weeks.
  
- Q: Is it normal to feel clicking in my knee?
  - Yes, the clicking is a result of the soft tissue moving across the joint. The sensation usually diminishes as your quadriceps regain strength.
  
- Q: When can I return to work?
  - This depends on what you do for work. If you are relatively sedentary at your job, you may be able to return to work after at least a week. If your job requires you to be on your feet more, you may need at least a month before you can return.
  
- Q: When can I remove the dressing?
  - Please do not remove the dressing until the 1st post-op appointment or if advised by your provider.