**You are recovering from arthroscopic knee surgery. The following information is to help make your recovery as smooth and rapid as possible.**

* Keep your knee elevated as much as possible for the next few days.
* Keep your dressing on for the first three days after surgery; after that you may change the dressing if you wish. Do not get it wet. You may shower by wrapping plastic wrap over your dressing. Keep the wounds dry until your first visit after surgery.
* Post-operative bleeding is not unusual. Reinforce the dressing as needed. If you have concerns about the amount of bleeding, please call.
* Use your cold therapy unit as directed until you are seen in the office. Please ice your knee three times per day until the swelling is gone.
* You may walk with your crutches allowing your operated leg to touch the floor only. Remember that the surgery will cause your thigh muscles to be weak, so take your time and be safe.
* You have received an exercise page with pictures and instructions on exercises that you may begin now. There is no limit to the amount of these exercises you may do. Stop any exercise that causes sharp pain.
* Post-operative pain is common but should be controlled by the prescriptions given to you.
* You will be seen in the office within the week for follow-up. Please call our office listed below if you have any questions or concerns.