



1. Crutches are for comfort. You may discontinue them as desired and put as much weight on your leg as comfortable.
2. You should return to or start Physiotherapy within a week of your arthroscopy. You will be given a referral before you are discharged.
3. Ice is helpful for pain and swelling – Use a bag of ice or frozen vegetables 15 minutes every hour if necessary.
4. Your follow-up appointment is approximately 2 weeks after your surgery. Call the office if this has not been arranged. Your surgery will be discussed with you at that time.
5. You will have a dressing on your knee. After 48 hours, remove the elastic tubigrip or tensor and dressing. If there is any drainage from any of the arthroscopy sites, continue to keep them covered with a sterile dressing. Continue using the tensor or tubigrip to help with swelling. When there is no drainage you may begin showering.
6. Please call the office if you have any questions.