

Recovering after Knee Arthroscopy

How do I control pain after surgery?

- For the first 24 hours after surgery, take your pain medication as prescribed. As your pain decreases, take your medication less often.
- Swelling is normal after surgery. **Ice, elevation and rest will help manage your swelling.**
- Ice every few hours for 15-20 minutes the first few days following surgery. Ice after performing your exercises to help control pain and swelling. As your swelling and pain decreases you can ice less often.
- Elevate your leg on pillows when sitting or lying down. Place the pillows **lengthwise** under your calf/knee so that your knee remains straight.

Will I be able to walk after surgery?

- Unless instructed differently by your surgeon, you will be able to bear weight as tolerated on your operated leg after surgery. Crutches are initially required to allow you to walk more comfortably without a limp. **Remember to bring crutches to the hospital with you.**
- As you have less pain you can progress from 2 crutches to 1 crutch or cane and then to no aid as long as you can walk without a limp. Walking without a crutch while limping does not increase strength and can slow your progress.

When do I start exercises after surgery?

- Your exercises are an important part of your recovery. Begin the exercises the day after surgery and do them consistently 3-4 times/day as instructed. Do each exercise within your pain tolerance.
- The MHA website provides a list of exercises for your benefit.
<https://mhalliance.on.ca/service/orthopaedics/>

When can I drive after surgery?

- Please confirm with your surgeon when you are allowed to drive.
- Generally speaking:
 - *Right leg* – you will not be able to drive for a minimum of 2 weeks. Your surgeon will discuss your ability to drive at your 2 week follow up appointment
 - *Left leg* – advised to not drive while you are taking narcotics

When can I return to work/sport after surgery?

- Return to work depends on your specific surgery and your occupation. Your surgeon and physiotherapist can advise you on safe return to work.

On average, patients return to **work** in 2-6 weeks and **sports** 6-12 weeks following surgery.

Will I need physiotherapy?

- Your surgeon will provide you with a referral for physiotherapy. Physiotherapy is **STRONGLY** recommended to guide your rehabilitation.
- You may choose to go to any physiotherapy clinic you wish. Physiotherapy is available at no charge to you at:
 - Strathroy Middlesex General Hospital: 519-246-5901
 - Four Counties Health Services (Newbury): 519-693-6501