

**Bryan T. Kelly, MD**  
**Orthopedic Surgery and Sports Medicine**  
**The Hospital for Special Surgery &**  
**New York Presbyterian Hospital**  
**520 E 70<sup>th</sup> Street, Starr 2 NY, NY 10021**

HSS: 212-606-1159

NYP: 212-746-5348

Fax: 212-746-8488

**Post-Operative Instructions**  
**Knee Arthroscopy**

1. Remove the dressing on post-op day #2.
2. Apply Band-Aids to the wounds. Please do not use bacitracin or other ointments under the bandage. Use ice packs as often as possible, and at least 30 minutes four times per day. An ace wrap may be used to help control swelling. Do not wrap the ace too thickly or the ice will not penetrate.
3. You may shower on post-op day #3 if the incisions are dry. Gently pat the area dry after showering.  
Do not soak the knee in water or go swimming in the pool or ocean until your sutures are removed.
4. Keep your leg elevated with a pillow under your calf, NOT under the knee.
5. Exercises to be performed 2-3 times daily:
  - \* Gentle range of motion of the knee: bending and straightening.
  - \* Straight leg raises, with foot straight and turned out. Goal is 25 reps three times per day.
  - \* Isometric quadriceps contractions.
  - \* Weight bear as tolerated. Discontinue crutches or cane as pain allows.
6. If you have access to a stationary bike, you may try to begin riding when you feel able with no resistance. Begin with 5 minutes and increase daily, based on comfort. Begin with the seat raised high.
7. Please call the office to schedule a follow-up appointment for suture removal, 7-14 days post-operatively.
8. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
9. You may experience some low back pain due to muscle spasm from the epidural anesthesia. If so, apply heating pad to area and take an analgesic if you have not already done so.
10. Enclosed are two prescriptions for you to use post-operatively. Naprosyn or Mobic or Voltaren (anti-inflammatory medications), are to be used twice a day (or as instructed) WITH FOOD  
Vicodin, a narcotic, is to be used on an "as needed" for pain in addition to the anti inflammatory

**If you have any questions, please feel free to call our office.**

**If you have any difficulty using anti-inflammatory medications or aspirin, or have a history of ulcer disease, you will only use the Vicodin post-operatively.**

**Bryan T. Kelly, MD**  
**Orthopedic Surgery and Sports Medicine**  
**The Hospital for Special Surgery &**  
**New York Presbyterian Hospital**  
**520 E 70<sup>th</sup> Street, Starr 2 NY, NY 10021**

HSS: 212-606-1159    NYP: 212-746-5348    Fax: 212-746-8488

**License #: 208586**

**Physical Therapy Prescription**  
**Post-operative Knee Arthroscopy**

**Patient Name:**

**Date:**

**Dx:**

**Modalities:**

- Ice massage/anti-inflammatory modalities
- Range of motion    Active / active-assisted / passive
- Quadriceps and hamstring stretching
- Quadriceps strengthening  V.M.O. strengthening
- Full arc       0-30° arc
- Hamstring strengthening
- Iliotibial band stretching/strengthening
- Adductor/abductor stretching/strengthening
- Straight leg raises/quad isometrics
- Exercise bike     Stairclimber       Cybex
- Achilles tendon stretching

**Treatment:**  times per week       Home Program

**Duration:**  weeks

**Please send progress notes.**

**Physician's Signature:** \_\_\_\_\_  
**Bryan T. Kelly, M.D.**