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POST-OPERATIVE KNEE ARTHROSCOPY SURGERY INSTRUCTIONS

Once you have completed your surgery you should be well on your way toward the resolution of your pain. Please read the following instructions and follow them to increase the changes that your final results from surgery will be excellent.

1. **Dressing:**
Two days after surgery, remove your large dressing and put bandaids over your incisions. Clean wounds daily with alcohol and apply new bandaids and your ace wrap.
2. **Ice/Elevation:**
 - a. *You may use ice to your knee for the first 48 hours after surgery. Apply for 20 minutes, 3 times a day. If there is a lot of swelling in your knee, elevate the knee to the level of your heart.*
3. **Crutches:**
 - a. *If you have pain on weight bearing, use crutches. You may bear weight as tolerated.*
 - b. *If your knee is swollen a great deal, use crutches.*
4. **Exercises:**
 - a. *Do straight leg raises (foot six (6) inches off the ground) for two seconds. Begin the day after your surgery, and work up to 150 times a day. It may take a few days to be able to do this.*
 - b. *Do not participate in any running activities until you have been seen and given an okay by your doctor.*
5. **DO NOT TAKE A SHOWER.** *You may shower if you keep your knee covered and dry (ex: plastic bag). After 3 days, you may shower with wounds uncovered. Please clean wounds with alcohol before applying band-aids.*
6. *Call the office at 219-836-1060 or 219-365-0808 to schedule your post-op appointment for two weeks after surgery*
7. *If any questions or problems, call the office at 219-836-1060. If after hours, Dr. McComis may be reached by paging him at 219-685-0199*