



ORTHOPEDIC ASSOCIATES OF CENTRAL CONNECTICUT, P.C.

STEVEN E. SELDEN, M.D.

ARTHROSCOPIC SURGERY
KNEE AND SHOULDER SURGERY
SPORTS MEDICINE
GENERAL ORTHOPEDICS

AFTER ARTHROSCOPIC KNEE SURGERY

1. **Limit your activities for several days. Use of crutches is usually not necessary.**

2. **Apply ice packs to your knee for 1/2 hour every 2 hours while awake during the first 24 hours.**

3. **Remove bandages in 48 hours-cover incisions with Band-Aids.**

4. **You may shower in 48 hours.**

5. **Reapply elastic bandage during the day.**

6. **Take your pain medication as prescribed**

7. **Take a baby or adult aspirin---one daily for 10 days**

7. **Arrange for a follow-up visit (if not already done) for in one to two (1-2) weeks.**

Call if There Are Any Problems Or Questions

(860) 243-1414