

RICHARD M. SELDES, M.D
KNEE, HIP & SHOULDER SPECIALIST

401 Hackensack Ave fl. 10
Hackensack NJ 07601
201-343-3999

95 University Place, 8th Floor
New York, NY 10003
212-604-1367

95-25 Queens Boulevard, 1st Floor
Rego Park, NY 11374
718-947-3332

POST-OPERATIVE INSTRUCTIONS

KNEE ARTHROSCOPY

❖ PLEASE READ THE INSTRUCTIONS CAREFULLY

- ❖ It is important to remember that you just had surgery. You must go home and rest. Swelling and soreness is normal.
- ❖ After the surgery you will be given your prescriptions for pain and inflammation, please take them with food. **The pain medication is a controlled substance and Dr. Seldes will only allow one refill.**
- ❖ **TO DECREASE THE SWELLING:**
 1. Take the prescribed anti-inflammatory in the morning with your breakfast
 2. Apply an ice pack and keep the leg cool as much as possible for the first 48 hours,
After the dressings are removed you may cool the leg for 20 minutes 2-3 times a day
- ❖ You will be given a cane or crutches to ambulate after surgery. Please use them as directed.
- ❖ It is normal to see drainage on your dressing; this is caused by the irrigation fluids used during your operation. However if there is excessive bleeding (bright red) apply some pressure elevate the leg and call the office.
- ❖ Keep the dressing clean & dry until you see Dr. Seldes for the post op appt. You may take a shower but cover the dressing with plastic wrap.
- ❖ You will be given a prescription for Physical Therapy (and braces if needed) at your post-op visit. If the doctor indicates the need for early therapy the office will call you with this information.
- ❖ It is not recommended to drive until you see Dr. Seldes in the office for your post op appointment. You be given further instructions then.
- ❖ If you need time off from work let Dr. Seldes know right away.