

### **Post-Op Instructions for Knee Arthroscopy**

1. Bend and straighten your knee as much as possible with comfort.
2. Walk as much as is comfortable.
3. Change your dressings in 2 days. You may get your knee wet and shower after removing dressing. Replace bandage with Band-Aids and an Ace wrap. Do not bathe or swim.
4. Follow up with Dr. Cooper in 10-14 days.
5. Please call with any questions or concerns. 610-705-3055.