



S.T.A.R. Orthopaedics, Inc. located at the Bone and
Joint Institute of JFK Memorial Hospital

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Post Arthroscopy Instructions for Dr. Sinha's Patients

- Use crutches or a walker for 3-5 days after surgery. It is OK to put full weight on the operated leg.
- Elevate the knee at the level of your heart or higher 3 times a day for 30 minutes each time.
- Apply ice to the knee 3 times a day for 30 minutes at a time for 3-5 days after surgery.
- Keep the immediate postoperative dressing on for 48 hours after surgery.
- Remove the dressing in 48 hours.
- Keep the stitches covered with band-aids.
- It is OK to shower in 48 hours. Remove the band-aids after the shower, pat the incision dry and replace the band-aids. No baths or hot tubs until after you first postoperative visit!
- Use the pain medication as prescribed. It is important to stay ahead of the pain.
- Make an appointment to see Dr. Sinha 7-10 days after surgery.
- At that appointment, a decision will be made regarding starting physical therapy and exercise.
- You can drive 3-5 days after surgery as long as the pain is minimal.
- Call the office if you have fevers greater than 101.5°F, have increasing pain or swelling, have redness or fluid seepage from the incisions, or have calf pain or shortness of breath.