

## **Knee Arthroscopy with Meniscectomy**

### **How long do I need to use crutches?**

1-2 days. The crutches are for your stability. You may fully weight bear immediately after surgery. Discontinue the crutches as tolerated.

### **What exercises should I be doing?**

Starting the day of surgery or the day after surgery you should begin regaining motion and quad strengthening. To regain motion sit somewhere high (tailgate, bed, tall chair) and swing leg. Do this several times a day. Tighten your quad muscle 100 times every day. Biking, swimming, and elliptical machine are great exercises.

### **How long will my knee be swollen for?**

Your knee will swell for 4-6 weeks after surgery. The more active you are, the more your knee will swell.

### **Do I have any restrictions following surgery?**

No, you may do activity as tolerated. The more active you are, the more your knee will swell. Listen to your body.

### **Will I still have arthritis after surgery?**

Yes, arthroscopy does not cure arthritis. Arthritis is wearing away of the cartilage, and cartilage was not replaced during your arthroscopy.