

Post-operative Instructions: Knee Arthroscopy

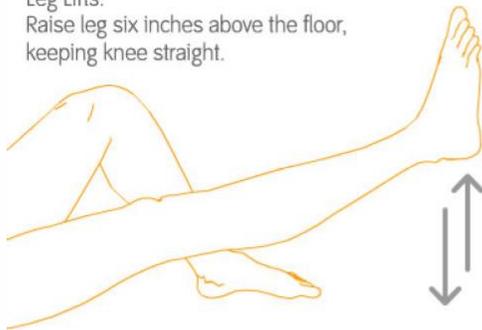
1. **DRESSINGS** – You may remove your dressing after 48 hours. Place a bandaid on the incisions. Please do not use bacitracin or other creams on the incisions. You may shower after 3 days and allow the incisions to get wet. Do not soak in a tub.
2. **BATHING** - You may shower after 3 days if there is no drainage from your incisions. No soaking in any tub till the sutures are removed
3. **SWELLING** - Swelling is expected in the knee after these procedures. The swelling will be increased by excessive walking the first few days after surgery. The swelling can be decreased by elevating the leg higher than the heart. Ice the knee as much as possible the first 2-3 days after surgery. After this, ice the knee on an intermittent basis, 3-4 times per day for 20-30 minutes each time. Icing will help limit pain and swelling in the knee. **DO NOT** sleep with ice on your knee.
4. **ACTIVITY** - You will be allowed to walk on your operated leg immediately after surgery, unless otherwise instructed.
5. **EXERCISES** - Start straight leg raises, quad sets, heel slides, knee extensions, and ankle pumps the day after surgery, as described below. You should do your exercises 3-4 times per day.
6. **PAIN RELIEF** - For mild pain, use pain-relieving medications such as Tylenol. For more severe pain, a prescription for stronger medication has been provided for you and should be used as directed. The narcotic pain medication should be used only when necessary. You should avoid taking pain medications on an empty stomach as it may make you nauseous. **DO NOT** take the narcotic pain medication and Tylenol within 4 hours of each other. This may result in too much Tylenol. **DO NOT** drive or drink alcohol while taking a prescription pain medication. Our policy is not to refill medications after-hours or on weekends. If you require a refill, please give us at least 48 hours' notice or 2 business days.
7. **NAUSEA AND VOMITING** – The anesthesia may result in nausea and vomiting after surgery. If you feel nauseated, stay in bed, keep your head down, and try drinking fluids such as 7-Up, tea, soup, or other clear liquids.
8. **FOLLOW-UP** - Your first postoperative appointment should be 7-12 days after your surgery. Please call the office to arrange this if it was not arranged for you preoperatively.
9. **CONCERNS** - If you experience any of the following, please call our office or the doctor on-call immediately:
 - Develop a fever (101.5° F)
 - Redness around, or excessive drainage from, the surgical incision site
 - Pain and swelling in your calf
 - Severe pain not controlled by medication
 - If you have any other questions or concerns, please feel free to contact us

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Post- Operative Knee Home Exercises:

STRAIGHT LEG RAISES:

Leg Lifts:
Raise leg six inches above the floor,
keeping knee straight.



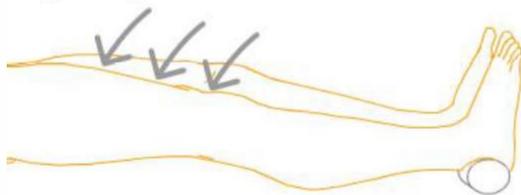
KNEE EXTENSIONS:

Knee Extension:
Place a pillow under your knee.
Lift your foot off the mat.



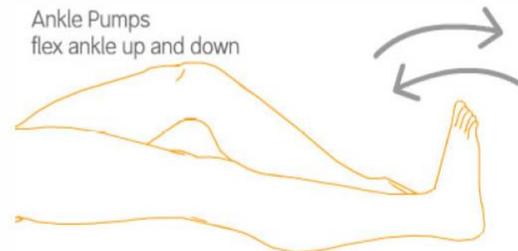
QUAD SETS:

Quadriceps Sets:
tighten thigh muscles and hold for 5 seconds



ANKLE PUMPS:

Ankle Pumps
flex ankle up and down



HEEL SLIDES:

