

Knee Arthroscopy Post-Operative Care

Dressing/Wound Care

- Do NOT get the bandage wet.
- Remove the bulky bandages and dressings (**not the white steri-strips**) after:
 - 2 days for Drs. Rockett, Shah, Healy and Osuch
 - 3 days for Dr. Christiano
- If you have white steri-strips on the skin leave them intact until they fall off on their own.
- If you have visible sutures, leave them intact. They will be removed by your surgeon in the office.
- You may place band-aids over the small wounds.
- You may notice some drainage from the wound, this is normal.
 - If this persists more than five days please call the office as a precaution (this can still be normal).
- You may shower on the 2nd or 3rd day and let the water run over the wound, do not scrub the wound, just blot it dry.
 - No baths, pools, or hot tubs until told.
- Some swelling or bruising around the knee or leg is expected and can last up to several weeks.
- Low-grade temperatures up to 101 are common after surgery
 - please call if temperature rises above 101.4.

Ambulation and Movement

- Immediately after surgery you may put as much weight on your knee as you feel comfortable unless you are instructed otherwise.
- Crutches will be given to you. Use them until you feel comfortable without them.
- Elevate your knee as much as possible for the first 24-36 hours.
- Use ice for the first 24-36 hours, you may leave ice over the bandage as long as you feel comfortable (recommend at least 20 min/hour).
- **Do not place ice or ice pack in direct contact with skin.**
 - As you increase your activities you may notice some increased discomfort or swelling in your knee- this will require you to decrease your activities and elevate your leg.

Knee Arthroscopy Post-Operative Care (continued)

Medications: Take as prescribed

- You will have received a prescription for pain medication.
 - Do not operate machinery or drive while taking this medication.
 - This medication may cause nausea or vomiting.
- You may have been given a prescription for an anti-nausea medication.
 - Take as directed for any nausea associated with the pain medication.
- For added pain control, you can take an anti-inflammatory such as Motrin/Advil/Ibuprofen or Aleve/Naproxen as needed for pain.
 - These may upset your stomach.
 - Do not take if you have been advised to avoid NSAIDs or anti-inflammatories.
 - Follow package dosing guidelines.
- Any severe itching, hives or difficulty breathing, please call immediately.
- If you have been advised specifically by your surgeon to take aspirin after your surgery, please begin Enteric Coated Aspirin 81mg twice daily for 2 weeks following your operation.

Exercise and Physical Therapy (See below)

- Perform gentle knee bending exercises 20-30 times three times a day.
- Perform exercises 20 times three times a day.
- Make sure you have minimal pain when doing exercises, if pain is severe, then perform less exercise or stop completely until pain decreases.
- On your first visit after surgery you may be given a prescription for physical therapy.

Return Visit

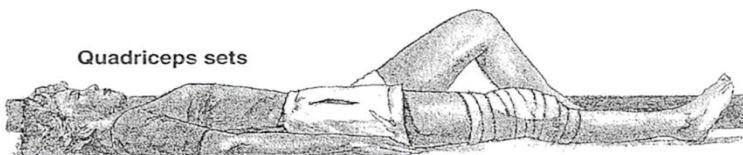
- If you do not already have a scheduled post-operative visit, please call for an appointment on the next business day.
- The first post-operative visit is usually 7-10 days after day of surgery unless instructed otherwise.
- If you have any problems, do not wait for an appointment, please call the office.

Knee Arthroscopy Post-Operative Exercises

Exercising

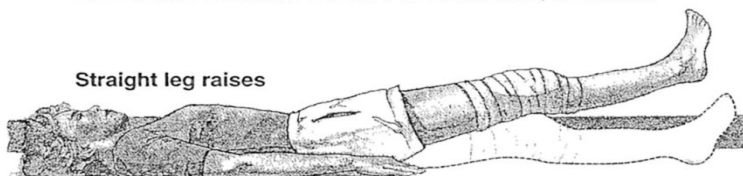
Building up the muscles that support your knee and improving joint mobility are the best ways to speed recovery. Your surgeon may have you try limited walking and do each of the exercises at right several times a day. Use slow, steady movements and always exercise both legs to keep your muscles balanced. Ask about low-impact exercises like swimming or bicycling.

Quadriceps sets



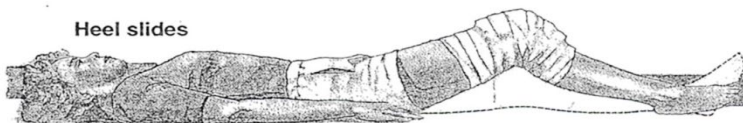
Tighten your front thigh muscles (quadriceps), pressing your knee toward the floor. Hold for 5 to 10 seconds; then relax.

Straight leg raises



Lift your leg 8 to 12 inches, keeping your knee straight. Hold for 5 seconds. Lower your leg slowly back to the ground.

Heel slides



Bend your knee and slide your heel toward your hip as far as you can. Hold for 5 seconds. Slide back down until your knee touches the floor.