

POST-OPERATIVE INSTRUCTIONS: KNEE ARTHROSCOPY

Diet

- You may resume your regular diet without restrictions. However, start slow with clear liquids and gradually work your way back to your normal diet. This will help prevent nausea and vomiting.

Wound Care

- You can remove the outer layer of dressings (ace wrap, webril dressing, and padding) 4 days after surgery. After that, you are permitted to shower.
- You will have 2 to 3 small incisions around the knee that are closed with sutures. You do not need to cover the sutures with band-aids or any formal dressings. However, you can do so for your own comfort or at your own discretion.
- Do not put any lotions or antibiotic ointments over the incisions until they are completely closed.
- Do not submerge your surgical knee or soak in a hot tub, swimming pool, or bath until 4 weeks post-operative when your incisions have completely healed.
- Any sutures or skin closure will be removed at your first post-op visit.

DVT Prevention

- You must wear your white TED hose compressive stockings for 2 weeks after surgery. These stockings reduce swelling which improves healing and helps to prevent blood clots.
- Please perform ankle pumps as this will also help to prevent blood clots.
- Sometimes we have to prescribe a blood thinner to help prevent blood clots (especially if you have a personal or family history of DVT/Pulmonary embolism). If discussed prior to surgery, please defer to our recommendations given pre-op. Unless recommended you do not need to take any aspirin or other DVT prophylaxis.
- If you are traveling after surgery, please let us know: we advise that you wait at least one week between surgery date and travel. Please see below for some general tips for preventing blood clots when traveling:
 - Get up on the plane to crutch/walk every hour or if driving stop every 1-2 hours to get up and walk
 - Stay hydrated. Avoid alcohol and caffeine
 - Wear your TED hose stockings for the duration of your travel
 - Take 325mg Aspirin the day before, day of, and day after the travel (if advised)
 - Perform your exercises during travel; especially the ankle pumps
 - If you experience pain or swelling in your calf, please call our office immediately or go to a local emergency department for evaluation.

Post-Operative Activity and Weight Bearing

- After surgery you may begin with partial weightbearing, using crutches, with a heel-toe gait. You may increase your weightbearing as tolerated. Remain on crutches until you resume good quadriceps control.
 - EXCEPTION: REPAIRS. YOU WILL BE GIVEN MODIFIED INSTRUCTIONS WITH WEIGHTBEARING RESTRICTIONS.
- Your first goal after surgery is to get your extension back. Please place a padded cushion under the heel to straighten the knee when not bearing weight.
- Please elevate the knee frequently in order to help decrease swelling/discomfort.
- Perform the exercises included in this packet (or that you were instructed at a pre-op visit) 3-4 times a day for 10 minutes each session. Begin them the day after surgery. If advised, please schedule your first formal PT visit for 2-3 days post-op.

Cold Therapy

- Ice should be used to help reduce pain and swelling. Use it as often as possible the first 3 days after surgery, alternating 20 minutes on and 20 minutes off. After the third day, use it at least 3-5 times a day for 20 minutes until pain and swelling have resolved.
- When icing after your surgical dressing has been removed, do not put ice directly over healing skin. Use a barrier between to prevent any contact burns.
- Usage of an ice machine is at your own risk. Please read all instructions prior to purchasing or using one as the instructions differ by make and model.

Pain Medication

- Take your pain medication as prescribed. This usually means 1 tablet every 4 hours for mild pain or 2 tablets every 4-6 hours for more severe pain. Do not take any additional Tylenol when taking these narcotic medications.
- You can also use over-the-counter NSAIDS once you are eating well. They will help to reduce pain, swelling, and stiffness. We recommend that you transition to either Aleve or Ibuprofen (following dosage on the bottle) when your pain is manageable.
- The narcotic pain medication can cause constipation if you take it regularly. Some treatments include stool softener, fiber bars, Metamucil, or prune juice.
- You are not permitted to drive while taking your narcotic pain medication.
- The pain medication can cause nausea so always take it with food.

****Effective in 2014: Federal regulation prevents the ability to call or fax post-operative medications to pharmacies (including refills). Every prescription must be an original and picked up in person: we cannot fax or call in these medications to your pharmacy.**

****Please call a minimum of 24 hours prior to needing additional medications in order to provide you with the handwritten copy. All requests for prescriptions prior to the weekend must be received by Thursday at noon.** Failure to plan accordingly and contact our office prior to needing a refill may prevent you from obtaining your medication.

Notify the Office if you Experience the Following

- Flu-like symptoms, nausea/vomiting, temperature of 101.5 degrees or higher, severe chills; foul odor, redness, or increased tenderness or drainage from the incision. These are signs of a possible infection. You may need to report to an Emergency Room.
- Hot tender area or unusually large amounts of swelling in either calf or other area of the leg; chest pain, shortness of breath or coughing up blood. These are signs of a possible blood clot and you may need to report to an Emergency Room or call an ambulance.
- **If you have any other URGENT problem**, call the office (815) 744-4551 Monday through Friday during regular office hours or report to an emergency room.

Follow-up

- You should already have your post-operative appointment scheduled; this should be scheduled for 10-14 days after your surgery date. Please call the office with any questions or to confirm your appointment at (815) 741-5200.

HOME EXERCISES:

Begin the day after surgery. Perform 3-4 x a day.



Ice:

Elevate leg on pillows or place heel on couch arm or chair.
Place towel over knee to protect your skin, then ice pack.
Can perform with knee extension stretch.
Hold 15-20 min. 2-3x day to reduce swelling

Knee Extension Stretching



- Lying on back with surgical ankle propped on towel roll, pillow, or arm of sofa.
- Relax knee into straightened position
- Gradually increase hold as tolerated, 3-15 minutes

- Seated with surgical foot propped on another chair
- Surgical knee unsupported in straightened position
- Gradually increase hold as tolerated 3-15 minutes

- Be sure the foot and ankle are relaxed for both exercises to allow the best stretch in the knee

Quadricep Strengthening



- Lying on back with towel roll under surgical knee
- Push knee into towel activating quadriceps (thigh muscle)
- Hold 10 sec, perform 15x 2 sets

- Same exercise in standing with towel or ball along wall

Knee Flexion Stretching



- Sitting in chair bend surgical knee as far as you can.
- Using your good leg gently push the surgical knee until you feel resistance.
- Should be a gentle stretch; 60 sec hold 10x. Gradually bending knee further each



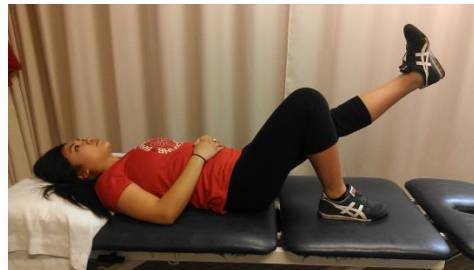
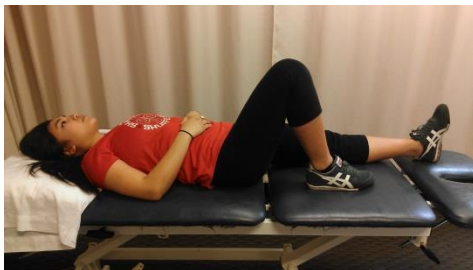
- Lying on back holding a bath towel wrapped around knee
- Bend knee using the towel until you feel a stretch
- Hold 60 seconds; perform 10x

Ankle Pumps



- Pull toes back toward your nose, then point them away.
- Do 30 repetitions both feet
- Do every hour

Straight Leg Raises



- Perform quad set (above) and keep leg straight as you slowly raise it off the table.
- Hold it off the table for 10 seconds and do 10 repetitions.