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## **POST-OPERATIVE INSTRUCTIONS FOR KNEE ARTHROSCOPY**

1. An ice bag may be applied to your knee for 20 minutes at a time. The leg should be elevated above the heart to help reduce swelling and pain.
2. Use crutches or a cane for security and comfort as needed. Please discard these as soon as possible, unless asked to use them for a longer period.
3. A prescription will be provided for pain medication. Anti-inflammatory medication may be prescribed depending on surgical procedure. These medications should be taken with food. You may use Tylenol instead of the pain medication for less severe pain.
4. You may remove your dressings 72 hours after surgery. You may experience drainage from your incisions for 2-3 days after surgery. Apply a dry dressing as needed.
5. If incisions are dry, you may shower 72 hours after surgery. Keep incisions covered with a waterproof bandage or plastic while you shower. Pat incisions dry and apply a clean, dry bandage. **DO NOT** apply ointment or cream to incisions.
6. You may bend your knee as much as the dressing will allow.
7. Unless instructed otherwise, start exercises as soon as possible. Start by lying on your back. Practice quadriceps muscle tightening and straight leg raises. Tighten your thigh muscle and lift your leg approximately 12 inches. Then slowly lower your leg, keeping your leg straight and your thigh muscle tight. Try to do as many as you can, up to 100/day.
8. Activities:
  - Let pain be your guide to activity: too much pain and swelling, too much activity.
  - Engage only in simple walking activities for 10 days. **No sports, running, excessive stair climbing, squatting, or jumping.**
  - Swelling may be present post-operatively. Restrict activity if swelling is present.
  - Do not use exercise machines unless specified.
  - Generally, if you have a job with little physical activity, you may return to work on the third postoperative day.
  - If your job requires considerable standing, lifting, or walking, discuss a return to work date with your physician.

9. A physical therapy appointment should be arranged for the 2<sup>nd</sup> or 3<sup>rd</sup> day following your surgery. Please schedule additional physical therapy appointments as instructed by your therapist.
10. Until your first visit with the doctor following surgery, do not swim, take tub baths, or use a whirlpool. You will return to the doctor for suture or staple removal approximately 10 to 14 days after surgery.
11. If you develop any fever (above 101 degrees), unexpected redness/swelling in your upper extremity, uncontrolled nausea or vomiting or have any other questions, please call our office for further instructions.

If you or your family has any questions or concerns, please contact our office at (501) 321-0555.