

Knee Arthroscopy

After your surgery: An appointment will be made for you prior to you leaving the hospital or you will be given instructions on how and when to schedule your follow-up appointment. This is usually in 10 to 14 days.

Medications:

- A prescription for pain medication will be given to you upon dismissal. Please use the medications for pain as needed, and as prescribed.
- You may also take over-the-counter ibuprofen as directed for pain in addition to your prescription. Do not take ibuprofen if you are allergic to it, have stomach ulcers, or kidney problems.
- You will need to take Aspirin (325mg) by mouth twice daily with meals for two weeks after surgery to prevent blood clots. Do not take Aspirin if you are allergic to it, have stomach ulcers, or kidney problems.

Activities:

- If your physician feels that you may need crutches, we will provide a pair for you upon dismissal.
- There is no harm done in putting full weight on your knee immediately, with just a few exceptions. You are encouraged to try to walk as smoothly as possible. You may use crutches, but most find these are not necessary after the first few days. Use pain medications if you experience some discomfort. Do not do any strenuous activities such as running or jumping until you physician clears you for this.
- Your physician will inform you of any exceptions to early full weight bearing after your surgery.

Swelling:

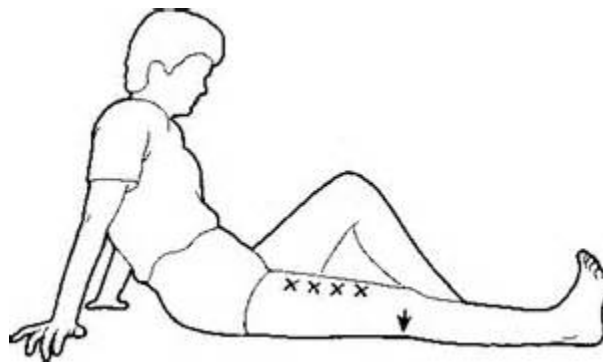
- Keep your leg elevated as much as possible for the first few days after surgery.
- Apply cold packs for 30 minutes as least three times daily.

Incision Care:

- Clean incisions daily with rubbing alcohol.
- You may remove your dressing the day after your surgery.
- It is OK to shower and rinse off your incisions with clean soap and water.
- Do not soak your knee in a bathtub or whirlpool.
- Do not remove the steri-strips or sutures. Your doctor may remove them at your follow-up visit.
- Despite the greatest care, any wound can become infected. Contact your physician immediately if you run a fever, if your wound becomes sorer rather than less painful as days go by, becomes swollen, reddened or shows pus or red streaks.

Strengthening exercises:

- The large thigh muscle will shrink in size and lose strength rapidly unless you exercise it. The best exercises are **isometric** and **straight leg raises**.
- Do each of the following exercises three times daily, for a total of 15 – 20 minutes each exercise session and completing 3 sets of 10.
 - **Isometric:** Straighten your knee and clench thigh muscle tight for 5 seconds, then relax.



- **Straight Leg Raises:** These exercises are done by first lying on your back, then stomach and finally side. For each Straight Leg Raise exercise:

- Lift your leg 6 – 10 inches (keeping knee locked)
- Hold for 5 seconds
- Slowly lower and repeat 10 times
- Do 3 sets of 10, three times a day



Range of motion exercises:

- Your knee will feel stiff after your surgery. These exercises will help you regain your knee motion.
- **Flexion and Extension:** Start bending and stretching your knee the day after surgery and increase bending until full motion has returned.
 - Prolonged knee bending stretch
 - Sit on a chair
 - Bend your knee back as much as you can
 - Scoot your body forward on the chair to increase the stretch
 - Hold for 15 seconds



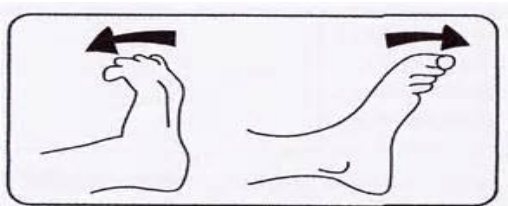
○ Knee straightening stretch

- Work on straightening your involved knee.
- Sit in a sturdy chair with your heel up on another chair or footstool in front of you.
- You should feel a stretch on the back of your knee.
- You can do thigh squeezes while you sit in this position to increase the stretch.



Foot and ankle exercises:

- Wiggle your toes to improve circulation and help to prevent blood clots.
- Move your ankles up and down frequently, pointing your toes toward and away from you.
- In addition, rotate your feet clockwise and counter-clockwise, keeping your toes pointing toward the ceiling.



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