



OrthoSouth

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Dr. Cincere Post-Operative Instructions for Knee Arthroscopy

1) REST, ICE AND ELEVATION

Elevate your knee with a pillow under the heel. You should apply an ice pack to your knee for at least 15-20 minutes every 2 hours while awake for the first 3-4 days after surgery. This will help reduce pain and swelling. You may bend your knee as much as the dressing will allow. Do NOT rest or sleep with pillow under your knee. While sitting practice straightening your knee and also lifting leg while knee is kept straight.

2) CRUTCHES

Use crutches for security and comfort as needed. Discard them when a normal gait is achieved unless otherwise specified by your doctor. _____ Weight bearing is allowed as tolerated. Pain and swelling are your activity guides.

3) EXERCISE

Begin exercises as soon as possible. 10 sets every hour while awake

Quad Sets – Straighten your knee, tense the quad muscle, push back of knee into bed and hold for count of 10

Straight Leg Raises (SLR) – with a straight leg, tighten your thigh muscle and lift your leg approx. 24 inches, hold for a count of ten. Then slowly lower your leg keeping your leg straight and thigh muscles tight.

Hamstring Sets – push heel into bed for a count of 10

Ankle Pumps – Push your ankle up and down as if pressing a pedal. This promotes blood flow.

No sports, running, excessive stair climbing, squatting or jumping. If your job requires little physical activity you may return to work in 2-3 days. If your job requires considerable standing, lifting, walking or climbing, discuss your return to work date with your surgeon.

4) MEDICATION

- a. Take one enteric coated Aspirin 325 by mouth twice a day starting the day of surgery
- b. Take the following prescribed medication as directed:

To minimize stomach upset, take with food. An over the counter reflux medication, like Prilosec, may be taken with anti-inflammatories. Remember narcotics may cause constipation and a laxative may be needed also drink plenty of water.

5) DRESSING/SHOWERING

- a. Slight bleeding or clear fluid drainage is very common. You may remove the bulky dressing on the 3rd day after surgery, keep dry until then. After the 3rd day incisions may be rinsed in the shower but do NOT soak in the tub.
- b. Place dry dressing on the incisions daily after the bulky dressing is removed but do not apply any topical ointments, alcohol or peroxide.

6) QUESTIONS/CONCERNS call 423-624-6584

- a. Fever greater than 101.5 degrees F
- b. Numbness, loss of color or coolness of skin on the leg
- c. Severe pain that is not relieved by narcotic medication
- d. Excessive bleeding or vomiting
- e. Difficulty breathing or shortness of breath, Call 911 or go to the emergency room

7) Follow Up

Your post-operative appointment is scheduled on: _____

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