

KNEE ARTHROSCOPY DISCHARGE INSTRUCTIONS

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1. **Dressing:** The bulky dressing on the leg may be removed 72 hours after surgery. Place TED stocking on the operative leg. The paper-like tapes should be left in place, as these are keeping the incision edges closed. Place Band-Aids over the portal sites. It usually takes 10-14 days for the incisions to close completely, so the steri- strips should be kept in place for that length of time.
2. **Showering:** Once the gauze dressing is removed and Band-Aids are applied it is acceptable to shower. We recommend that a plastic wrap, (i.e. Saran Wrap), or a garbage bag be wrapped around the knee for the first 10 days to protect it from getting directly wet. After 10 days, you can get the strips wet in the shower. Dry gently. The strips will begin peeling off at which time you may remove them completely. Please wait 3 weeks before using the bathtub, pool, or Jacuzzi.
3. **Bleeding:** In some cases, oozing from the incision sites may persist for several hours. If bleeding continues or appears excessive please contact our office. There is a physician on call 24 hours each day.
4. **Swelling:** It is common to experience temporary swelling around the knee joint, which can cause stiffness and discomfort. This may last for days or weeks after surgery. To minimize the swelling, use an ice pack for approximately 20 minutes on and 40 minutes off for the first 24-48 hours based on your comfort. It is also helpful to elevate the leg on 1-2 pillows while sitting or lying down and to wear the compressive stocking as mentioned.
5. **Relief of Pain:** For mild pain you may use an analgesic such as Tylenol, taking 1 –2 tablets every 4 hours as needed. Do not exceed 6 tablets within 12 hours. For moderate to severe pain a narcotic medication prescription will be provided post-operatively. Do not take on an empty stomach and do not drink alcohol while using the prescription pain medication. If you should experience any untoward side effects, please stop the medication and contact our office. If a refill is needed, please contact our office during business hours.
6. **Diet:** Following your surgery, drink lots of fluids and eat somewhat bland, nutritious foods for the first 24-48 hours. Progress to your usual diet as tolerated.
7. **Nausea and Vomiting:** Although this is unusual, both can be experienced after anesthesia and/or pain medications given during surgery. If you have a known tendency for this, please discuss it with your anesthesiologist prior to surgery. If this occurs after

surgery, usually a little time and a clear liquid diet, resolves it. If vomiting continues for several hours, please contact our office.

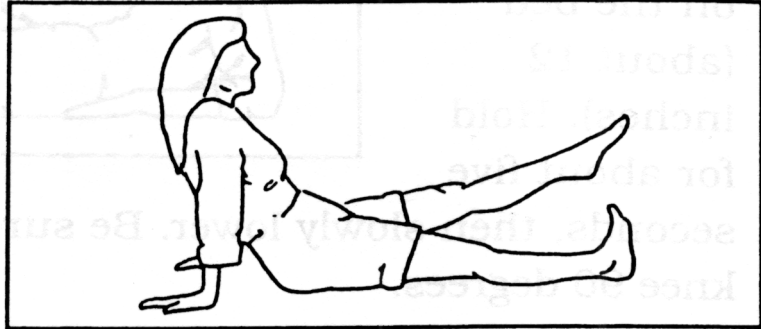
8. **Drowsiness:** After anesthesia, drowsiness may persist for several hours. It generally should not be cause for concern. Given this drowsiness you will need a ride home from surgery and someone to be with you until the next morning at least.
9. **Activity:** Crutches are to be used for your comfort. Unless specifically instructed, you may discontinue their use as soon as you are comfortable walking without them, (usually within the first 1-2 days). Do the straight leg lift exercise (see diagram) 2-3 times a day, 10-20 repetitions, as comfort allows. Let pain be your guide in regard to how much walking and exercise you do. During the first 7-10 days, the goal is to decrease swelling, increase comfort, and begin strengthening.
10. **Common complaints after surgery:** It is not uncommon to feel liquid within the knee as a result of the surgical procedure. In most cases the body reabsorbs all of this fluid. Also, occasional clicking with movement may occur as a result of the muscles that support the knee readjusting. Your strengthening exercises and time should alleviate this.
11. **Postoperative office visit:** A postoperative appointment should be scheduled to see the doctor 7-10 days after your surgery. Please contact our office to schedule at (303) 321-1333.
12. **DVT prophylaxis:** Blood clots after knee arthroscopy are relatively uncommon but can happen. TED stocking has been placed on the non operative leg. Place TED stocking on operative leg after 72 hour dressing change. Use stockings for 10 days postoperatively. Please take one (enteric coated aspirin) ECASA (325mg) daily for 10 days post surgery. If you experience any signs or symptoms of DVT, such as leg swelling/pain, please notify us immediately. Any chest pain or shortness of breath is an emergency and please call 911. If you have a history of blood clots or other risk factors for DVT we may use injections instead of ECASA to prevent DVT.

STRENGTHENING EXERCISES

The following exercises can be done on a bed or couch, even before you are able to put weight on your leg.

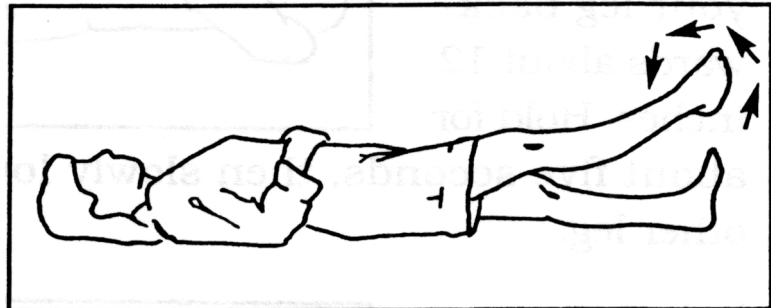
Toe Point and Flex

- Point and flex your toes 20 times. Do this three times a day.



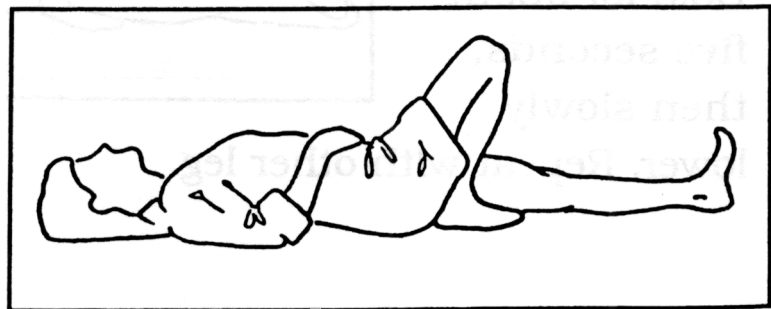
Ankle Rotation

- Several times a day, rotate your ankles in a large circle about 10 times in each direction.



Leg Slide

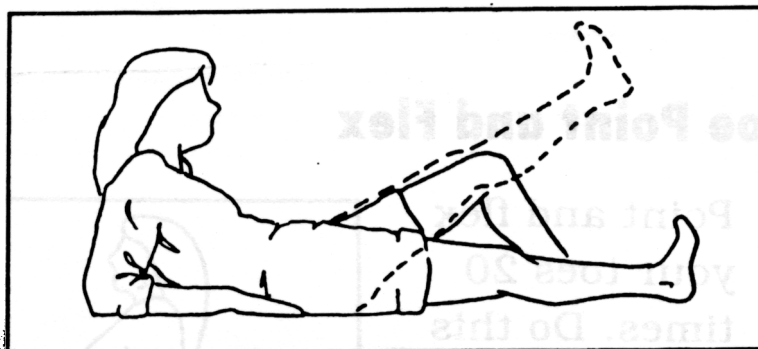
- Lying on your back, slowly slide the heel of your injured leg towards your buttocks. Hold for five seconds. Repeat 10 to 15 times.



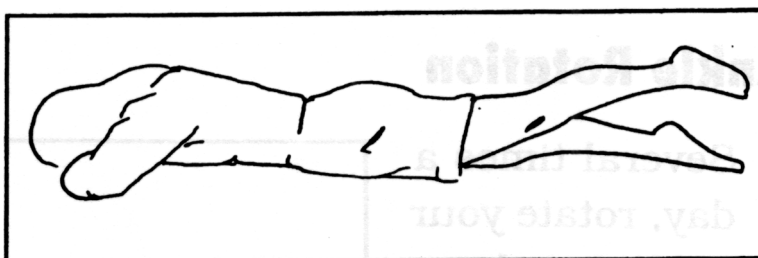
Straight Leg Raising

Most importantly, do the straight leg raising exercises. Do each three or four times a day. Start doing them twice on each leg. Gradually increase the number of times done.

- Lying on your back, lift your leg straight up off the bed (about 12 inches). Hold for about five seconds, then slowly lower. Be sure to bend the other knee 90 degrees.



- Lying on your stomach, raise your leg backwards about 12 inches. Hold for about five seconds, then slowly lower. Repeat with other leg.



- Lying on your side, raise your leg to the side. Hold for about five seconds, then slowly lower. Repeat with other leg.

