



**SOUTH VALLEY ORTHOPAEDICS
& SPORTS MEDICINE**

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**POST ARTHROSCOPY INSTRUCTIONS
KNEE**

Your Arthroscopy showed:

This was treated by:

Follow Up Appointment

A follow up appointment should be arranged for 10 to 14 days following your surgery. A follow up appointment should be arranged at the time your surgery is scheduled. If you do not have an appointment card given to you prior to surgery, please call Dr. Harwood's office following surgery to arrange an appointment.

Pain Control

Immediately post arthroscopy, there will be very little pain; this is because your knee has been injected with a short and long acting local anesthetic. Several hours after surgery, this will wear off, and you may begin to feel uncomfortable. A prescription for pain medication has been provided for you and should be filled. You may use aspirin or tylenol in place of this, but most patients require a stronger medication during the initial 24 to 48 hours post procedure.

Dressing

Your knee is wrapped with a bulky dressing and ace bandage. This should be left on for 72 hours after surgery. It should then be removed, and you may shower or bathe. Dry the incisions carefully and cover with bandaids. You may wash the knee daily, however should keep the incisions clean and covered until they have healed. If there is a problem with bleeding through the dressing, or redness or drainage from the incisions sites develops, please call the office.

Blood Clots

Ankle pump exercises (see the exercise sheet) are precautions to reduce the chance of a blood clot forming in your leg. At times drugs such as aspirin and anti-inflammatories may be prescribed to reduce the risk of blood clots.

Swelling

Your knee will display a moderate amount of swelling, this is to be expected. As long as it does not impede your walking and/or the circulation to the lower part of your leg this is considered normal. You may elevate your leg as much as possible and ice the area post N operatively for 15 minutes at a time. The swelling may persist for up to 2 to 3 weeks normally. Repetitive icing for swelling during this time is beneficial. If you have persistent and/or increasing pain, please call the office.

Crutches

Please follow the exercise program and use of crutches as outlined below. Crutch instruction and duration of use are quite different for different procedures, so please make note of how much weight you may bear on the leg, and for how long you are to use the crutches.

Crutch walking

Your crutches are to be used in the following manner: crutches and the operated leg are advanced ahead first, and then step through with the good foot. Maintain **full / partial / non weight bearing** on the operated leg while walking. Keep in mind this may be restricted if you are required to wear a knee immobilizer while walking.

Going up stairs: Good foot goes up first, then the operated leg and crutches.

Going down stairs: Crutches and operated leg down first, then the good leg.

Continue to use both crutches and progress to using just one crutch in the hand opposite to your operated leg as is comfortable. You may progress to full weight bearing without crutches when you can do so without pain and a limp (unless instructed otherwise N see above). This may be within 4 to 5 days post procedure.

If this paragraph is circled, you have undergone either abrasion arthroplasty or microfracture for arthritis. You must remain _____ weight bearing for a total of _____ weeks.

Lateral release

If you have had a lateral release done, you will have a large compressive dressing and brace on your knee. This dressing will be left in place for 48 hours. During this time bend and straighten your knee as the brace allows. After 48 hours, your doctor will see you and he will remove the dressing and brace, check the wound, and replace the brace. At this point, you may begin exercise #5 on the exercise sheet, and may remove the brace for knee motion three times a day. Be sure to replace the brace on the knee after the exercises, and sleep with the brace on.

PHYSICAL THERAPY PROTOCOL

BEGIN ON THE FIRST DAY FOLLOWING SURGERY.

You should perform at least 30 Repetitions of each exercise 3 times per day.

1. Ankle Pumps

Either sitting or lying down, move your foot up and down maximally and hold. Perform these exercises 10 times every waking hour for the first 7 to 10 days after surgery.

2. Quad Sets

Lie on your back with your knee straight. Tighten your thigh muscle while you push the back of the knee into the bed or floor. Hold for a count of 5, and then relax.

3. Straight Leg Raises

Lie on your back with the normal leg bent at the knee. Keeping the leg that was operated on straight at the knee, lift the leg straight up in the air to the level of the bent knee. Then slowly lower to the floor, maintaining a straight knee throughout the exercise.

4. Hamstring Stretches

Sit on a bed with your operated leg out straight, and your normal leg resting down. Slowly reach for your toes. When you feel a stretch in the back of your thigh, hold for a count of 5, and then relax. Repeat after 10 seconds.

5. Knee Motion

Lie on your side with the operated knee on the floor / bed. Bend and straighten the leg as much as is tolerated