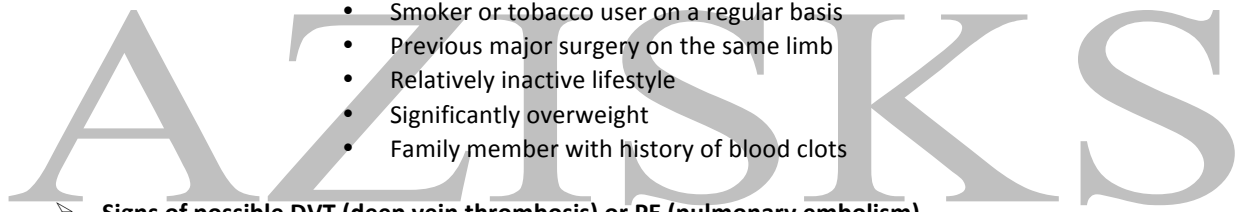




## Post-operative Knee Arthroscopy

1. **ELEVATE** your leg as much as possible for the first 48 hours. This will help reduce the swelling. Your foot should be elevated above your knee, which should be elevated above your hip level. An elevated foot that is below the level of the knee will still swell. You should do this anytime you are sitting/lying around.
2. **EXERCISES:** Start these immediately for fastest recovery **unless otherwise instructed**.
  - **Quad sets:** tighten thigh with pillow under heel and try to push knee downward using your muscle. Hold muscle contraction for 5 sec then relax. Repeat in sets of 20
  - **Ankle Pumps:** move ankle up and down- this will help reduce swelling and prevent blood clots
  - **Knee Motion:** Start trying to bend and straighten your knee as much as possible (within your level of comfort), unless we place you in a brace to limit movement
  - **Exercises may be revised by us at the time of surgery and we will let you know**
3. **ICE:** Apply ice, either a plastic bag of crushed ice or an ice compression device (Cold therapy unit, which is optional but convenient), for 20 minutes at least 4 times a day for the first 3-4 days. Thereafter, you should ice during the day as needed and at the end of the day or after activity. This should be done for 3-4 weeks after surgery. **DO NOT USE ANY COLD THERAPY LONGER THAN 20 MINUTES EACH HOUR AS COLD INJURY CAN OCCUR. If you use it longer ALWAYS CHECK THE SKIN REGULARLY.**
4. **CRUTCHES:** Your weight bearing status is dependent on what was done at surgery. Please see below :
  - NONWEIGHTBEARING:** Do not put any weight on the operated side. Use your crutches at all times.
  - PARTIAL WEIGHTBEARING:** You may put your foot down for balance only but not all of your weight. Use your crutches/walker
  - FULL WEIGHTBEARING:** You may put all of your weight on the operated side when you feel comfortable. Use your crutches only if you need them for balance or pain relief.
5. **DRESSING:** Leave your surgical bandage in until your post-op visit unless otherwise instructed. NEVER remove the steri-strips or pull/cut any sutures, if present. **KEEP THE INCISIONS DRY UNTIL YOU SEE ME IN THE OFFICE FOR YOUR POST OPERATIVE visit. Contact us if you have problems with the dressing for any reason.**
6. **SHOWER:** Keep the entire bandage clean and dry at all times. Do not immerse in water even if covered with a plastic bag. You may shower with a plastic bag sealed at top and bottom with tape or GLAD PRESS n SEAL. Small trash can bags work best. The easiest thing to do is sponge bathe for a few days.
7. **WORK:** Your work status will be discussed pre-op and at your first post-op visit. Plan to take at least 1 week off if possible. If you have a sedentary job, it may be possible to go back to work the next day. This will depend on your specific situation and is your choice.
8. **DRIVING:** You may drive when you can react to an emergency situation. This will take longer if you had surgery on your right knee. You should also be off all pain medications in order to drive. Ultimately, the decision to drive is yours and the law states that an operator of a motor vehicle must be safe to drive.

9. **MEDICATIONS:** You will be discharged with several medications. Please see drug information sheet. **DO NOT TAKE PAIN MEDICATION AND TYLENOL SIMULTANEOUSLY.**
10. **PHYSICAL THERAPY:** If you are going to need therapy, we will check for approved facilities **at your first post-op visit.** Therapy is very important for your recovery, even if you do the exercises on your own after demonstration by the therapist. We have hand selected the therapist we work with and they know my protocols.
11. **FOLLOW-UP:** Michelle will schedule you to be seen in post-operative follow up approximately one week after surgery, no later than 14 days post-operatively.
12. **PROBLEMS:** If you experience any problems or have any concerns, please call my office at 480-264-6995. After normal hours, you may email me at [dsb@azisks.com](mailto:dsb@azisks.com) or call the office and the call will be forwarded to us. **If you have a routine question, please call during regular hours. If you have an emergency and cannot reach anyone promptly, proceed to the nearest ER or urgent care.** Examples of an emergency include fever over 102 degrees and not responsive to advil or tylenol, persistent numbness/tingling in the extremity if a nerve block wasn't given, shortness of breath, worsening and severe pain not relieved by the pain medicine.
- IF you have any of the following **risk factors for blood clots** AND are having surgery on your lower limb (thigh, knee, leg, ankle), you **WILL** need to take **ONE regular aspirin daily for 4 weeks after surgery:** PLEASE let us know if you can not tolerate aspirin.
- Age over 40 (female), 50 (male)
  - Birth control pills (any age female)
  - Smoker or tobacco user on a regular basis
  - Previous major surgery on the same limb
  - Relatively inactive lifestyle
  - Significantly overweight
  - Family member with history of blood clots
- **Signs of possible DVT (deep vein thrombosis) or PE (pulmonary embolism)**
- **Severe calf pain**
  - **Excessive swelling of any extremity**
  - **Shortness of breath**
  - **Newly dilated veins (unusual for you)**
  - **Skin tightness or extreme pain to the touch**



**CALL US at 480-264-6995 or SAMANTHA at 480-264-6968 IMMEDIATELY IF ANY OF THE ABOVE SYMPTOMS DEVELOP or proceed to the nearest urgent care or emergency room**