

The Dungy Orthopedic Center
2121 West Chandler Boulevard
Suite #110
Chandler, AZ 85224
480-963-2233

KNEE ARTHROSCOPY POST-OPERATIVE INSTRUCTIONS

Patient:

Please read these instructions carefully – they will answer many of you questions

- 1) You may resume your usual diet. Drink plenty of fluids.
- 2) You may walk on the operated leg as tolerated, but avoid doing too much for the first day or two. Use your crutches or cane to minimize discomfort. It is not unusual for the leg to feel weak, so use the crutches/cane until you are sure the leg will support your weight.
- 3) The large bandages may be removed in two days. Leave the small pieces of white tape (Steri-Strips) across the incisions. Replace the bandages with gauze over the surgical incision and re-wrap the ACE wrap to help the swelling. Don't wrap the ACE wrap too tightly.
- 4) It is normal to have swelling and discomfort in the knee for several days or a week after arthroscopy.
- 5) Plan to take today and tomorrow off work/school/usual routine. You may resume work when the pain and swelling subsides (this can be a week or more, depending on the type of work you do, and the procedure that was done for your knee).
- 6) Take your pain medication as directed to relieve the pain. If your pain is less severe and you don't have allergies to any of the following medications you may substitute Extra-Strength Tylenol, Advil, Motrin, or Aleve. These should be taken with meals.
- 7) Apply ice packs (not heat) to the knee for the first several days. I recommend for about 20 minutes every couple of hours, while awake. This will help reduce the pain and swelling. Always place a towel or cloth between the skin and ice to prevent skin injury. Elevation of your knee is helpful when resting.
- 8) You may shower after two days. Pat wound dry, do not rub. Do not take a bath or swim until you see Dr. Dungy at your post-operative appointment.
- 9) Avoid athletics for several weeks after arthroscopy (until you have full motion and no pain). Dr. Dungy will let you know when it is safe to begin exercising.
- 10) Sometimes your knee remains painful and swollen for several weeks, depending upon the problem you have and the amount of surgery that was done. Please call if you have excessive symptoms, especially fever after the first day or two, redness, or drainage from the knee, and/or numbness, tingling, or discoloration of the foot.

(see other side for rehabilitation exercises)

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REHABILITATION AFTER ARTHROSCOPIC KNEE SURGERY

This protocol is a guideline for your rehabilitation after arthroscopic knee surgery. You may vary in your ability to do these exercises and to progress to full resumption of your previous activity. Please call Dr. Dungy if you have a problem with your knee or if you need clarification of these instructions.

Goals

- 1) Protect the knee from overstress.
- 2) Prevent loss of motion.
- 3) Activate the quadriceps muscle (the anterior thigh muscles).

You can bear weight and walk on your leg as long as you are able, unless otherwise instructed by Dr. Dungy. In some cases crutches may be necessary for a period of time if walking is uncomfortable. You should ice your knee to reduce the pain and swelling (see other side for details).

Unless you are allergic, take an aspirin each morning, wear either an elastic stocking or the ACE wrap, and do at least ten ankle pump exercises each hour to help prevent phlebitis (blood clots in the veins).

Specific Exercise Program Goals – Maintain muscle tone in the thigh muscles and straighten the knee.

Lay on your back with the knee extended fully straight. Tighten and hold the front thigh muscle making the knee flat and straight. If done correctly, the kneecap will slide slightly upward toward the thigh muscle. The tightening action of the quadriceps should make your knee straight and be pushed flat against the bed or floor. Four or five seconds for each contraction. Do 20 repetitions three times a day. Do not use leg weights in the early physical therapy after arthroscopy