

Patient Instructions – Knee Arthroscopy

Updated January 2019

My goal is to make your surgery experience comfortable and with as little confusion as possible. Call if you have questions before or after surgery. Much of this information came from feedback of hundreds of patients who have been through this experience before you. I always welcome your suggestions for improvements. -SG

- After surgery, you will be placed into an Ace bandage (elastic wrap)
- Unless specifically instructed, you may stand and walk on your operated leg after the surgery. For balance, you may want to use a cane, crutches or walker for 1-5 days after the surgery but this is optional.
- While walking is important, it is also important not to be too active as your knee will swell more and remain sore longer if you over do it. Unfortunately, your body may not let you know until hours after the activity or the following day, so start gradually.
- You may put ice or frozen peas over the bandage for 15 minutes every 2 hours as needed.
- To reduce swelling, keep your leg elevated above the level of your heart as much as possible until the first postoperative doctor visit.
- An anesthetic medication was placed in your knee at the end of the surgery, and your knee may not be painful immediately after the surgery. This will wear off over the next 24-48 hours and you knee may become increasingly sore. This is normal.
- Take your pain medication as prescribed. If the pain is severe, you may take two pills at a time initially. Do not exceed 8 pills in a 24-hour period.
- With each day, your pain will subside. As you feel more comfortable you can take Tylenol 325 mg instead of the prescription medication pill. After a few days, most people are able to just take Tylenol during the day and use the prescription medication at night and before therapy sessions. Eventually you will be able to gradually stop using a prescription medication all together.
- You may remove all the bandages 48 hours after the surgery to shower. You may shower using soap and water and dry incisions well. You will see 2 small stitches. They will be removed in our office. Afterwards, place a band-aid over each incision and reapply the Ace bandage loosely.

- Beginning the day after surgery, start to perform the exercises shown on your After-Knee Arthroscopy Exercise Sheet. Continue until you start formal physical therapy sessions.
- Contact our office immediately if you have a fever above 101.5 degrees, redness and warmth around the knee, swelling and pain in the calf or pain that is uncontrolled with your medications. Our office can be reached at 239-348-4253.

After Knee Arthroscopy Exercise Guide

Begin these exercises the day after surgery. You may not be able to do them all on the first day, but with each day you will improve. This will give you a head start on your physical therapy and eventual recovery.

Exercise: Bend and Straighten Knee Lying Heel Slides (Supine)

Area: Knee

Comment: Perform this exercise on your back, in bed

Exercise Description:

1. Lie on back on firm smooth surface.
2. Keep heel in contact with surface and pull heel toward Buttock bending the knee.
3. Straighten knee keeping heel in contact with surface.
4. Repeat.

What to feel? Tightening at front of knee and thigh.

How many/often? 1 set, 10 reps, 2 times per day.

How much weight? 0 pounds. Hold for 5 seconds.

Desired benefits: Increased muscle strength

Exercise: Straighten Knee Long Sitting (Quad Set)

Area: Knee

Comment: Perform this exercise on your back, in bed

Exercise Description:

1. Long sitting on firm, smooth surface.
2. Keep leg in contact with surface throughout exercise.
3. Tighten the muscle on front of thigh straighten knee by pushing down with knee and attempting to lift heel.
4. Hold.
5. Relax and repeat.

What to feel? Tightening at front of thigh.

How many/often? 1 set, 10 reps, 2 times per day.

How much weight? 0 pounds. Hold for 5 seconds.

Desired benefits: Increased muscle strength

Exercise: Straighten Knee Sitting Straight Leg Raise

Area: Knee

Comment: Perform this exercise on in a seated position, in bed

Exercise Description:

1. Long sit on smooth, firm surface with back supported against wall.
2. Bend UNINVOLVED knee resting foot on surface.
3. Tighten muscles on front of thigh and lift leg several inches off surface, Keeping knee straight and holding.
4. Slowly return to the starting position and relax.
5. Repeat.

What to feel? Tightening at front of knee and thigh.

How many/often? 1 set, 10 reps, 2 times per day.

How much weight? 0 pounds. Hold for 5 seconds.

Desired benefits: Increased muscle strength