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ADVANTAGE
ORTHOPEDIC AND SPORTS MEDICINE CLINIC

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POST-OPERATIVE INSTRUCTIONS: KNEE ARTHROSCOPY

Surgery Performed By: _____ **Surgery Date:** _____

Follow up Appointment:

- A follow up appointment should be arranged for you when your surgery was scheduled. Please check your surgery information packet.
- If you do not have an appointment please call the office at 503-661-5388.

Diet:

- Begin with liquids and light foods such as Jell-O and soups.
- Advance as tolerated to your regular diet if not nauseated.

First 24 Hours:

- Be in the care of a responsible adult.
- Do not drink alcoholic beverages.

Pain Control:

- Immediately after the arthroscopy, if you had a block, there may be very little pain. This is because your knee has been injected with a local anesthetic. Several hours after surgery, this will wear off, and you may begin to feel uncomfortable.
- Strong oral narcotic pain medications have been prescribed for you. Use only as directed. No pain medication is capable of taking away all the pain. Taking your pills at regular intervals will give you the best chance of having less pain.
- If you need a refill PLEASE PLAN AHEAD. We recommend 24-48 hours for refills to be approved.
- Do not combine with alcoholic beverages.
- Be careful as you walk or climb stairs as mild dizziness is not unusual.

Wound Care:

- Maintain your postoperative dressing. Loosen the ACE wrap if swelling of the foot or ankle occurs.
- Remove your surgical bandage on the fourth post op day. Dry the incisions carefully and cover with Band-Aids.
- Keep the incisions clean and dry until your post op appointment. Showers are okay, be sure to avoid direct contact and immersing the incisions in water.
- If there is a problem with bleeding through the dressing, redness, or abnormal drainage please call our office 503-661-5388.

Swelling:

- Your knee will display a moderate amount of swelling. This is to be expected. So long as it does not impede your walking and/or the circulation to the lower part of your leg, this is considered normal.
- You should elevate your leg as much as possible and ice the area postoperatively for 20-30 minutes at a time.
 - Options are available for Cold Therapy – which provide icing and compression to help with your post operative pain and swelling.
- The swelling may be present for several weeks.
- If you have persistent and/or increasing pain or swelling please call our office at 503-661-5388.

Crutches:

- Have crutches available, you may weight bear as tolerated unless told otherwise.
- Going Up Stairs
 - Good foot goes up first, then operated leg and crutches.
- Going Down Stairs
 - Crutches and operated leg go down first, then good leg.

Exercises:

- Begin exercises as soon as possible after your surgery:
 1. **Ankle Pump:** Either sitting or laying down, move your ankles to point and flex your foot maximally. Do 10 repetitions every waking hour for the first 7 to 10 days after surgery.
 2. **Quad Sets:** Lie on your back with knee straight. Tighten thigh muscle while you push the back of the knee into the bed or floor. Hold for 5 counts, and then relax. Do 10 repetitions, 3 times a day.
 3. **Straight Leg Raises:** Keep **non-operated** leg bent. Do a quad set and lift the **operated** leg straight up in the air to the level of your bent knee. Then slowly lower to the floor or bed, maintaining a straight knee. Do 10 repetitions, 3 times a day.
 4. **Hamstring Stretches:** Sit on bed with your **operated** leg out straight and our opposite leg resting down. Slowly reach for your toes. When you feel a stretch in the back of your thigh, hold for 5 counts and then relax. Do 10 repetitions, 3 times a day.
 5. **Knee Motion:** Lie on your **operated** side. Bend and straighten the **operated** leg. Do 10 repetitions, 3 times a day.
- Formal Physical Therapy may be prescribed by your doctor.

When to call your Surgeon:

- Significant swelling, calf pain, or any numbness in the limb that was operated on
- Unrelenting pain
- Fever or chills
- Redness around incisions
- Unusual change in color.
- Continuous drainage or bleeding from wounds (small amount of drainage is expected)
- Any other worrisome condition

When to call your Primary Care Physician:

- Flare up of any of your regular medical conditions

When to call 911:

- Chest pain
- Shortness of Breath
- Any other acute serious condition