

## **Knee Arthroscopy**

You may use crutches for 1-2 days if you feel that you need them.

You may bear weight on your operative leg as tolerated.

Apply ice for swelling and discomfort – 20 minutes on and 20 minutes off. You may apply several times daily as tolerated. (Bags of frozen peas/corn also work well). Place a thin barrier between the skin and ice to avoid burns or nerve damage

Expect some discomfort and you may use prescribed pain medication or alternating doses of Ibuprofen, Aleve or acetaminophen.

Remove the bulky dressing on the day after surgery. Cover the incisions with Band-aids. Don't be surprised if there is some dried blood on the dressing.

You may shower after the dressing is removed. No swimming or soaking in bath or hot tub until follow-up visit.

Try to bend your knee and use it normally in daily activities.

Elevate your leg with a pillow under the heel and not under your knee. This will help to straighten your leg after surgery.

Perform the following sets of exercises 3 to 4 times per day (about 25 repetitions each):

- A) Ankle pumps (pump ankle up and down every hour while awake)
- B) Straight leg raises (lay on back, lift leg 6" and hold for 4 seconds)
- C) Quad sets (tighten muscles for 4 seconds)

Constipation is common following surgery and can be prevented by increasing water and fluid intake, increasing fiber in the diet, and by adding Docusate sodium 2 tabs daily while taking narcotic pain medication. You may try warming equal parts of ginger ale and prune juice in the microwave for 1-2 minutes. This may provide relief of symptoms. If this is not effective, you may take Milk of Magnesia or over the counter laxatives.

Return for a follow-up visit approximately 10-14 days following surgery. If you do not have a scheduled appointment call the office.

Please call the office at 734-4110 if you have questions or concerns.