

Post-Operative Instructions: Knee Arthroscopy Debridement and Menisectomy

You are recovering from arthroscopic knee surgery. The following information is to help make your recovery as smooth and rapid as possible.

- 1) Keep your knee elevated as much as possible. Elevate your operative leg for the first 2-3 days so your knee is higher than your heart whenever you are resting. You may get up to use the bathroom and to eat meals, but the more you elevate your leg, the less you will swell, bleed, or have pain.
- 2) Keep your dressing on until the next day. The day after surgery you may remove the dressing and take a shower. Soapy water over the incision is fine just no submerging. You may replace the dressing with bandaids over the incisions or leave open to air whichever is more comfortable.
- 3) Post-operative bleeding is not unusual. Reinforcing your dressing is all right. If you have concerns about the amount of bleeding, please call.
- 4) You may ice the knee to help with swelling and pain. Bags of ice or frozen backs of peas both work well. Place a thin piece of fabric between the skin and ice. A dish towel or washcloth work well.
- 5) You may place as much weight on your leg as you can tolerate. Remember that surgery will cause your thigh muscles to be weak, so take your time and be safe. Please use your crutches for the first 3-4 days for support.
- 6) Your post-operative therapy begins on the day of surgery. Initially you should perform ankle pumps (up and down motion), straight leg raises, thigh isometric contractions, and knee range of motion. There is no limit to the amount of these exercises you may do. No therapy should cause sharp pain. Stop all activities that cause this kind of pain. Work

on range of motion of your knee several times each day. It is important to get as much bend as possible, as quickly as possible; we want to see 90° of knee motion by the time of your post-op visit. Also make sure you can re-straighten your knee all the way and lift your leg up (i.e. straight leg raises).

- 7) Post-operative pain is common but should be controlled by the prescriptions given to you. Do not mix alcohol and prescription pain medications. Your need for prescription pain medication should decrease after 3-4 days, and you should begin taking your usual over-the-counter pain killer (Advil®, Tylenol®, aspirin), as needed. Be sure to take your antibiotics or other medications as prescribed.
- 8) If you have any unusual problems; increased pain after the first 3-4 days, a temperature over 101.5°F, unusual rashes, circulation or sensation problems, or any other problem, please call our office at (607) 734-4110.
- 9) Do not drive until you feel completely safe and able to handle the vehicle. You should not drive while taking prescription pain medications.
- 10) You will be seen in the office 10-14 days after surgery for follow-up. If you have any questions or concerns please call us at (607) 734-4110

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