

## **Post-Operative Instructions: Knee Arthroscopy with MPFL Reconstruction**

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 for five days. Do not get it wet. After that you can remove the outer dressing. You can shower over them, but do not soak/submerge until cleared by your provider.
- 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) Use your cold therapy unit for bags of ice as directed until you are seen in the office.
- 5) You may place as much weight on your leg as you can tolerate in your brace. Use your crutches to help with all ambulation. Ambulate with your brace locked in extension until your follow up visit. Wear your brace at all times except for hygiene purposes. Remember that surgery will cause your thigh muscles to be weak, so take your time and be safe.
- 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 7-10 days after surgery for follow-up. If you have any questions or concerns, please call us at (607) 734-4110.