

Postoperative knee arthroscopy guidelines

You should have a follow-up appointment no more than 10 days after your surgery. If you have questions or concerns before your appointment, please call 503-540-6300.

Weight bearing and range of motion: You have no restrictions. You may place as much weight on your leg as is comfortable. Stretch frequently to progress your knee to full extension (fully straight) and full flexion (fully bent) when you are able.

Durable medical equipment use: It is recommended to use crutches or a walker for comfort and stability following your surgery. You may wean and discontinue use of the crutches or walker once you can walk normally without significant pain and when you feel safe and stable walking without it.

Pain control: Pain can be controlled by medication, ice, elevation and rest. Take your pain medication as prescribed. You may take a non-steroidal anti-inflammatory drug such as Aleve®, Motrin® or Advil® for the first 10-14 days after surgery. Do not take Tylenol® in addition to your prescription if you were provided a prescription with Tylenol® (acetaminophen) already in it such as Norco®.

Ice: Use ice or a cooling unit consistently in the first 48 hours — 40 minutes on, 20 minutes off. You should elevate your leg to help control swelling. Continue to use ice four times per day over the following week or as needed. Ice helps control pain and swelling, and promotes the healing process.

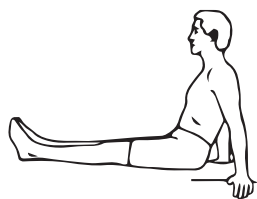
Wound care: Keep your wound clean and dry after surgery. You may remove your dressings and shower 48 hours following surgery and cover your incision with new bandages daily until you are seen in the office. Avoid soaking in a bathtub, hot tub or pool until your surgeon says you may do so. Avoiding infection is very important.

Preventing blood clots: Decreased physical activity after surgery increases your risk of developing a blood clot in your legs. Perform ankle pumps while at rest and try to walk hourly during the day for the first two to three weeks following surgery. We advise that you take **81mg of aspirin one tab twice daily for 30 days** following your surgery to further reduce your risk of developing a blood clot.

SEE BACK FOR PHYSICAL THERAPY INSTRUCTIONS

Postoperative physical therapy instructions

Physical therapy may be ordered if necessary. Call our office if you have questions regarding your rehabilitation. The exercises below are safe to begin before surgery and one to two days after surgery.



Quad sets: Tighten the top of your thigh by pressing your knee to the floor. Hold for 5 to 10 seconds. Complete two sets of 10 repetitions, two to four times per day.



Straight-leg raise: Perform quad set (see above) and lift your leg straight up from the floor about six inches. Hold 5 to 10 seconds. Do two sets of 10 repetitions, two to four times per day.



Ankle pumps: By moving your ankle while your foot is elevated, you can control the swelling in your leg. Do this often throughout the day, even when you are icing.



Range of motion/heel slides: Lie on your back and slide the heel of the surgical leg as you bend the knee. Bend as far as comfortable, then slide back out straight. Do two sets of 10 repetitions, three to five times a day.

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