



## Knee Arthroscopy Post-Operative Instructions

While recovering from your knee arthroscopy, please observe the following guidelines.

1. **Rest:** Rest the remainder of today and gradually resume activities as tolerated tomorrow. When not moving about, try to lie flat with your leg **elevated** (use pillows) above the level of your heart to help reduce the swelling.
2. **Ice:** Apply ice to your knee for 20-30 minutes periodically, every 1-2 hours, when awake. Repeat for the next 48 hours, at the least. Continue for 20 minutes in the morning and at night until your office visit.
3. **Eating:** When you feel up to eating, begin with clear fluids. If you tolerate this, you may resume your regular diet.
4. **Dressing:** The dressing on your knee was applied in a sterile environment. If possible, try to keep this dressing dry and intact for 48 hours. Some light bloody drainage may be seen after arthroscopy and is usually not a problem. Please notify us if you notice the size of the stain to increase beyond 2-inches in diameter. If you are given a white stocking, continue to wear it for seven days.
5. **Dressing change:** You may remove the dressing 48 hours after surgery and take a shower. Don't scrub the surgical area. Pat the area dry with a towel and apply a new dry dressing. (Band aids over the incisions/ACE bandage over the knee).
6. **Medications:** Some post-op pain should be expected. You were given a prescription for pain medication after surgery. This medication may cause nausea and is best taken after you have eaten. A stool softener such as **colace** is strongly recommended while you are taking pain medication. You may use an over the counter **laxative**, if needed.
7. **Weight bearing on operative leg. Use crutches:**  
 No weight bearing (0%)       Weight bearing as tolerated (75-100%)
8. **Follow-up:** You should have a scheduled post-operative visit. This is usually scheduled for seven to ten days following surgery.
9. **Do not hesitate to call if you are experiencing any of the following:** Fever, chills, numbness or tingling, worsening pain in spite of taking the prescribed medication, difficulty urinating or anything else which seems out of the ordinary. If it is after office hours, please contact the **answering service (203) 869-1145**. Let the doctor know that you recently had surgery and explain the situation to them.
10. **Physical Therapy:** You can start your own home exercise program immediately (*see reverse side*). You will start your therapy approximately 3 - 7 days after your surgery unless otherwise specified. If you do not have a therapy prescription, we will give you one at your first post-operative visit.

**You should start:**

- Straight leg raises (more than 100 per day)     Bridge (towel) exercises  
 Patella (knee cap) mobilizations

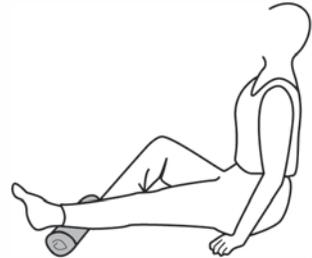
Patient: \_\_\_\_\_ Date: \_\_\_\_\_

Physician: \_\_\_\_\_

## Post-Op Knee Exercises

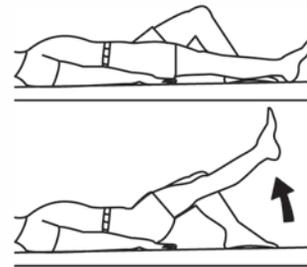
### 1. Bridge Towel Exercise

Sit on the floor with your injured leg straight in front of you. Place a rolled towel under your ankle. Try to tighten up the muscles at the top of your thigh by pushing the back of your knee down into the floor. Hold this position for 5 seconds. Repeat 10 times. Do 3 sets of 10.



### 2. Straight Leg Raise

Lie down with your injured leg outstretched in front of you. Raise your injured leg straight up and down. Perform 3 sets of 10 repetitions, once a day. Perform 1 repetition every 4 seconds. Rest 1 minute between sets.



### 3. Patellar Mobility

Sit with your injured leg outstretched in front of you and relax the muscles on the top of your thigh. Take your index finger and thumb and gently press your kneecap down toward your foot. Next, pull your kneecap up toward your waist and hold it for 10 seconds. Return to the starting position. Then, try to gently push your kneecap inward toward your other leg and hold for 10 seconds. Repeat these for approximately 5 minutes.

