



**EVANGELISTA ORTHOPEDIC CLINIC**

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## **Post-Operative Instructions Arthroscopic Surgery of the Knee**

- First meal at home should be light
- An ice bag may be applied to your knee. Swelling is very common after surgery. Please elevate your extremity to the level of your heart when swelling occurs. This is most important in the first 48 hours, but will continue to be useful over the next few weeks
- Prescription for pain medications will be provided at discharge
- You may bend your knee as much as the dressing will allow
- Unless otherwise instructed, start exercises as soon as possible
  - Start by lying on your back
  - Practice quadriceps/thigh-tightening and straight leg raise
  - Tighten your thigh muscle and lift your leg approximately 12 inches
  - Then slowly lower your leg, keeping your leg straight and your thigh muscle tight
  - Try and do as many as you can, up to 100 a day
  - Do 4 sets of 10, the night of your surgery
- You may remove the dressing 48 hours after surgery and apply band-aids to the puncture sites.
- **DO NOT apply any creams or ointments to your incision sites**
- You may shower 72 hours after surgery, you may wash your incision gently with a mild anti-bacterial soap and water, pat dry and apply clean band-aids. Please **Do Not** use peroxide or alcohol to clean your incisions
- Use crutches, a cane, or walker for security and comfort as needed. Weight may be placed on your operative leg as tolerated with crutches for balance, unless otherwise instructed
- A small amount of bloody and/or watery discharge on your bandage is normal. Fluid is used during an arthroscopy and some of that fluid will leak out of your small incisions and onto your bandage. This is normal in the first 1-3 days
- We do encourage our patients to start a physical therapy program within a few days of surgery. Regaining your motion and strength is an important part of your rehab
- If you develop a fever (101.5° or above), severe pain, unexpected redness or swelling in your leg, calf pain, chest pain or shortness of breath, please notify the office, or go directly to the ER



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- **Activities:**
  - **Let pain and swelling be the guides to your level of activity:** too much pain and swelling means too much activity
  - Engage only in simple walking until seen back in the clinic. No sports, running, excessive stair climbing, squatting or jumping. Don't be overly active the first weekend after surgery. Be up and about if you must but rest and elevate the surgical leg as much as possible. Do not use exercise machines unless specified
  - Swelling may be present postoperatively. Restrict activity if swelling is present
  - Generally, if you have a job with little physical activity, you may return to work the week following surgery
  - If your job requires considerable standing, lifting, or walking, discuss your return to work with the doctor
  
- **Your weight bearing status is:**
  - Weight bearing as tolerated
  - Partial weight bearing \_\_\_\_lbs
  - Toe Touch weight bearing
  - Non-weight bearing

If you have any questions about these guidelines, your procedure or the rehabilitation process please do not hesitate to call us at **480-656-0291**