

## **Knee Arthroscopy Post-Operative Instructions**

**ACTIVITIES:** You may feel dizzy and/or sleep for several hours after the procedure. Do not drive, operate any heavy equipment, sign an important papers, or make any significant decisions until tomorrow and these sensations have completely cleared. Elevate your surgical knee, preferably above the level of your heart. Ice your surgical knee for 20 minutes. Remove the ice for 20 minutes. Try to complete several intervals in the first 48 hours following the surgical procedure. Then ice as needed for swelling. Be sure to follow the instructions given to you during your discharge regarding weight-bearing activities.

**EXERCISES:** The large thigh muscle will shrink in size and strength quite rapidly unless you exercise it. The best exercise is what is known as “isometric exercises.” These are done as follows:

- a. Straighten your knee as straight as possible and tighten your thigh muscle as hard as you can. You will notice that your kneecap will move towards your body.
- b. Hold the muscle clenched tight for five seconds, and then relax.
- c. Repeat this exercise 10-20 times every 30-60 minutes. You should try to do at least 100 of these per day to keep the tone and strength in the muscle. Start bending your knee the day after surgery and increase the bending until full motion has returned.

**MEDICATIONS:** A prescription will most likely be given when you are discharged from day surgery. Please use this medication for pain as needed. It is common for Tylenol to be a component of prescribed pain medication. Be cautious when taking your pain medication with a snack to help decrease stomach irritation. Do not drive or drink alcohol while taking prescribed pain medication. Taking pain medication regularly may cause constipation. To avoid constipation, drink plenty of fluids and eat high fiber foods.

**BANDAGES:** The bandage on your knee may be changed every other day. Always wash your hands before and after changing your bandage. If you have a cotton bandage between the elastic bandages, this may be discarded after the fourth day. If you have a sponge pad type of dressing, this should be left in place and the knee rewrapped every other day until you are seen in the clinic. Do not wrap the elastic bandage too tightly or it will act as a tourniquet and cause ankle swelling. Ice and elevate your operative knee above the level of your heart.

**BATHING:** Please refer to your discharge information for bathing guidelines.

### **CALL 911 OR SEEK MEDICAL ATTENTION IMMEDIATELY:**

- Chest Pain
- Shortness of Breath
- Severe Nausea
- Coughing up blood