



Knee Arthroscopy Postoperative Instructions

Thank you for choosing Orthopaedic Medical Group for your surgical procedure
Please follow the instructions to ensure a successful recovery:

Next Appointment:

Pain Medications:

Please begin alternating the medications as shown in the example below. Please note that pain medications should only be taken if you are having severe pain.

Use of ice or an ice machine can also help with pain control. Use ice 30 minutes on the area, and 30 minutes off while awake for best results

8:00 AM- Ibuprofen 600mg + Tramadol 50mg

12:00 PM- Tylenol 1,000mg

4:00 PM- Ibuprofen 600mg + Tramadol 50mg

8:00 PM- Tylenol 1,000mg

When you run out of narcotic pain medications, please attempt alternating Ibuprofen/Tylenol first before calling in for refills.

Wound Care:

You may remove the outer dressings including ace bandage, cotton padding, and gauze padding, 3 days after surgery. You may shower normally at this time. DO NOT apply any lotions/creams or attempt to clean the incision with alcohol/peroxide.

Post Operative Activities and Exercises:

You may begin weightbearing as tolerated immediately after surgery. Please begin your home exercise program attached, 2-3 times daily.

DVT Prevention:

Begin over-the-counter Aspirin 81mg, twice daily for 6 weeks unless otherwise noted. Perform ankle pump's hourly.

**For Postoperative Questions/Concerns Call
813-684-2663**

My Home Exercise Program

Ankle Pumps



Bend your foot up and down at your ankle joint

Note: Keep on doing Ankle Pumps throughout the day, as it is most important exercise for leg blood circulation, prevents blood clotting and swelling

Repeat 10 Times
Complete 3 Sets
Perform 1 Times an Hour

QUAD SET WITH TOWEL UNDER HEEL



While lying or sitting with a small towel roll under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground.

Video # VVEGWYDU



Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 2 Times a Day

STRAIGHT LEG RAISE - SLR



While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground. It is normal to need assistance with this exercise. Have a partner provide upwards support on your heel if you are having difficulties with this exercise.

Video # VVBVU5P69

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Times a Day

KNEE EXTENSION



While seated with your knee in a bent position and your heel touching the ground, slowly straighten your knee as you raise your foot upwards as shown. Lower your foot back down until your heel touches the ground and then repeat.

Video # VVBD2XC96

Repeat 10 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Times a Day



How To Contact Us After Surgery:

1. Please use our Healow App to ask questions
2. Call our main line at 813-684-2663 and ask to speak with your Athletic Trainer. Please do not call your surgical coordinator postoperatively.

Healow App Instructions:

1. Search for the Healow App on the App Store or Google Play Store and download on to your device
2. Once downloaded open the app and click on **“Get Started”** at the bottom of the screen. Next, enter your: first name, last name, and date of birth
3. Enter the practice code: **CGCJBD** and answer all verification questions
 - a. *You must allow access to microphone, camera, and push notifications prior to being enrolled*
4. To send a message select the blue plus sign at the bottom of your screen and then select **“compose”** to draft your message
5. Write your message by selecting your doctor and facility. We will respond within 24 business hours.



If you are having a medical emergency, please call 911

**For Questions or Concerns Call:
813-684-2663**