

## **Post-op PATIENT Instructions: KNEE ARTHROSCOPY**

**Dressing:** A dressing has been applied to your knee to absorb any fluid/blood. A small amount of blood on the dressing is to be expected. Begin dressing changes 24-48 hours following surgery. Remove the OR dressing, apply sterile gauze and re-wrap with the ACE bandage. Unless directed by your surgeon, no salves, balms, or ointments to the incisions. Band-Aids over the small incisions are recommended until they are completely sealed. Soreness and bruising is expected for several days afterward.

**Bathing:** Showering is permitted 72 hours following surgery. Soaking the incisions should be avoided. (No swimming or hot-tubs.)

**Ice:** Ice is a powerful anti-inflammatory. Icepacks/wraps will help to reduce swelling and pain. Use liberally (20-30 min./session), but remember to protect the skin from direct contact (and frostbite).

**Crutches:** Crutches, a cane or walker may be needed for the first several days after surgery. Unless specified otherwise you may bear **full weight** on your leg immediately.

**Activity:** Foot and ankle motion (foot pumps) are encouraged and will help to reduce your chance of a blood clot. Additionally, tightening the thigh muscle and straight leg raises will assist your thigh muscle in returning its function faster. Bending the knee as soon as you are comfortable (unless otherwise restricted) is also encouraged. However, **no driving until permission is given by your surgeon.**

**Pain:** A prescription is provided. Fill this and begin taking the medication when your pain starts. Nausea, drowsiness, and constipation are common side effects. Adequate fluid intake and a stool softener obtained over the counter from your local pharmacy is recommended to minimize constipation. Call the office if you are unable to tolerate your medication.

**Precautions:** Call the office **(813) 684-2663** if you develop: temperatures  $>101^{\circ}\text{F}$ , shortness of breath, chest pain, uncontrolled pain, marked redness/hives, persistent drainage, new onset numbness, significant incisional/calf swelling, or any other concerns.

### **Post-operative Visit/Appointment:**

- **Call (813) 684-2663 today to make a post-operative appointment to see your surgeon 10-14 days following your surgery.**

**Special Instructions:** \_\_\_\_\_ (Additionally, follow any indicated instructions below.)

**Physical therapy:**  per attached prescription  as soon as able

**Weightbearing (operative leg):**  as tolerated

**PT/OT PRESCRIPTION:**

\_\_\_\_\_  
(PATIENT NAME)

**MD Orders for the Therapist:**

- Physical Therapy Prescription: 2-3 times per week x 6 weeks
- Substitution permissible. Contact my office with any questions.

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Christopher T. Donaldson, MD

**DIAGNOSIS/PROCEDURE:**

- RIGHT** KNEE:     Meniscectomy (med/lat)         Chondroplasty(PF/med/lat)     Loose body removal
- LEFT** KNEE:     Meniscectomy (med/lat)     Chondroplasty(PF/med/lat)     Loose body removal

**REHABILITATION GUIDELINES:**

- Weight Bearing as tolerated with crutches
- Advance weight bearing and discharge crutches when gait normalizes and quad function resumes
- Aggressive quad strengthening and edema control
- Knee sleeve for support and edema control. May discharge sleeve when effusion resolves and quad function improves.
- Aggressive range of motion
- Gait training/posture/core training as needed.
- Stretching/modalities as needed
- Scar mobilization/treatment ad lib.
- Driving may resume when gait normalizes, patient is off of narcotics and can react safely to road
- May advance activities gradually and to patient tolerance, avoiding reactive effusion.