

# Robert P. Bruce, MD

*Corporate Medical Plaza,  
Building 1  
10701 Nall Ave., Suite 200  
Overland Park, KS 66211*

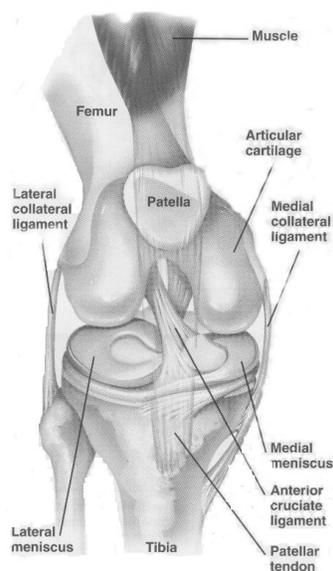
*Lee's Summit Office  
3151 NE Carnegie Dr.,  
Suite B  
Lee's Summit, MO 6406*

*Olathe Office  
20920 W 151st St., Suite 100  
Olathe, KS 66061*

*Office (913)381-5225*

*If you have any questions or concerns, please call.*

## **Knee Arthroscopy**



## **Pre-Operative Instructions**

- ✓ **Do not eat or drink after midnight the night before surgery.** This includes chewing gum, candy and mints. No smoking or use of tobacco products.
- ✓ You will need to obtain crutches if you don't already have them. Bring them with you the day of surgery.
- ✓ Stop all blood thinners 1 week prior to surgery, unless directed otherwise. This includes coumadin, aspirin, and anti-inflammatories such as ibuprofen, Aleve, or Celebrex. You may use acetaminophen for pain.
- ✓ Stop all herbal supplements 1 week prior to surgery.
- ✓ Plan to spend approximately 4 hours at the surgical facility.
- ✓ Arrange for someone to drive you home and stay with you through the night.

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## Exercises for Knee Rehabilitation

### 1. QUAD SETS

Tighten front thigh muscle (quadriceps) by trying to push the back of the knee to the floor.  
Repeat 25 times 3 times per day.



### 2. STRAIGHT LEG RAISES

Tighten your thigh muscle and lift your leg 8-12 inches. Hold 4-6 seconds. Slowly lower your leg. Repeat 10 times 3 times per day.



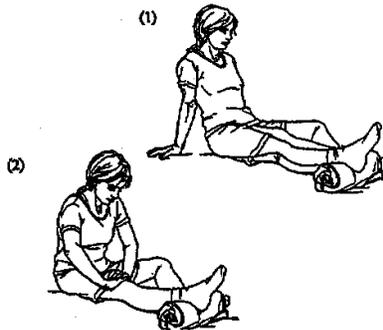
### 3. HEEL SLIDES

Go ahead and BEND your knee, it will get stiff if you keep it straight all the time. You may do heel slides or sit in a chair and let your knee bend. Do these 15 times 3 times per day.



### 4. KNEE EXTENSION

Push your knee gently to the floor and hold for 5 seconds. Repeat 10 times 3 times per day.



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## Post-Operative Instructions

- ✓ Elevate your leg above heart level. ICE the knee: 20 minutes on, 1 hour off for the first 2 days and then as needed for comfort.
- ✓ Do ankle circles to increase circulation and decrease swelling.
- ✓ Keep dressing on for 2 days.
- ✓ You may take off the dressing, shower and get the incisions wet on the third day. Pat the incisions dry and cover with band aids as needed.
- ✓ DO NOT soak in a tub or pool for 10-14 days.
- ✓ You may want to re-wrap your knee with the ace wrap for continued support and to help keep the swelling down.
- ✓ Use your crutches to get around as needed and discontinue them as you feel more comfortable. You may bear weight as tolerated unless instructed differently by Dr. Bruce.
- ✓ Remember to do the range of motion exercises as soon as you leave the recovery room and continue to do them 3x daily until you see Dr. Bruce in the office approximately 7-10 days later. Please contact the office at (913) 381-5225 for a post-operative appointment if you do not already have one scheduled.
- ✓ Take the anti-inflammatory medication as prescribed to you.
- ✓ Take the pain medication on an as needed basis only. Be aware that a common side effect of some pain medications is constipation. It is important to remain well hydrated and include fiber in your diet. You may use an over the counter stool softener or laxative if necessary.
- ✓ Start slowly with your diet, progressing from clear liquids to a regular diet. Avoid heavy or greasy foods the first 24 hours after surgery.