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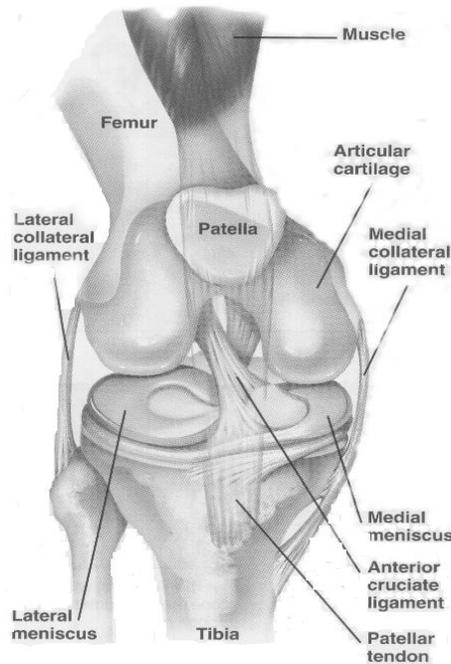
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If you have any questions, or concerns, please call.

Knee Arthroscopy



POST-OP 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. These should be performed several times daily.
- ✓ Keep dressings in place for 2 days.
- ✓ You may take off the dressing, shower and get the incisions wet on the second day.
- ✓ DO NOT soak in a tub or pool for 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.
- ✓ Remember to do the range of motion exercises, as described on the reverse side of this page, as soon as you return home. Continue to do them 3x daily until you see Dr. Samuelson in the office approximately 7-10 days later.
- ✓ 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.

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 this 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

