



WAYPOINT

ORTHOPAEDIC ASSOCIATES

POST-OPERATIVE INSTRUCTIONS: PROCEDURE: ARTHROSCOPY, POSSIBLE MENISECTOMY, POSSIBLE DEBRIDEMENT OF KNEE

- Pain Medication: You will be given a prescription for pain medication for after surgery. This should be filled and ready for use when you return home from surgery. You should not drive, operate heavy machinery or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Ultram, Norco, Vicodin or Tylenol with Codeine. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation.
- Dressings: You may remove your dressings and apply Band-Aids to the incisions 3 days following surgery. (For example, if surgery was on Thursday, do not change the dressing until Sunday.) At that time you may take a shower, but do not soak the incisions in a tub, pool, or body of water for 4 weeks. Change the Band-Aids after each shower.
- Cold Therapy: Apply ice to surgical area in a waterproof bag for 30 minutes each hour you are awake. Always place a barrier between your skin and the ice such as a t-shirt.
- Activity: Start immediate full weight bearing to tolerance. Perform immediate range of motion exercises of the knee to tolerance. Do not engage in prolonged periods of standing or walking over the first 7-10 days following surgery. Elevate the operative leg to chest level whenever possible to decrease swelling.
- DVT (blood clot) prevention:
 1. Perform range of motion exercises for right and left ankle to exercise calf muscles. Do ten reps every hour minimum while awake
 2. When upright, place surgical foot on ground and apply body weight for balance. Do not have leg suspended in air when walking with crutches, if using crutches.
 3. Beginning the day of surgery, take one regular (325mg) aspirin daily for 2 weeks unless not allowed for other medical reasons. ***Clear this with your family doctor before starting the aspirin.***
 4. You should not do any flying for two weeks following surgery
- Post-Operative Appointment: Please make a post-operative appointment to see your surgeon 10-14 days following surgery.
- Prescription Refill Protocol: You **MUST** give your physician **48 hours** notice for any medication refill. Many medications require a written prescription and cannot be called into a pharmacy. Prescriptions **will not** be filled over the weekend.

➤ When to call your surgeon:

- Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
 - Persistent fever >101, chills
 - Increasing pain at the surgical site
 - Increased swelling/pain in the calf
 - New onset numbness or tingling
 - Hives or new rashes
 - Shortness of breath or chest pain
 - Persistent nausea/vomiting
 - Drainage from your incision lasting >5 days

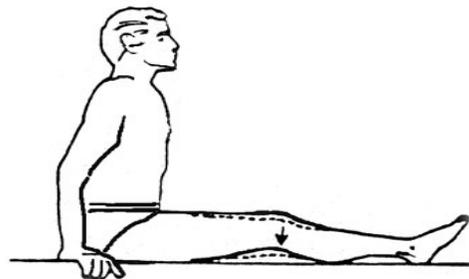
Exercises for Knee Rehabilitation following Arthroscopic Surgery

General Instructions: How fast and how well you regain knee motion is directly related to your motivation and perseverance. Strong determination and tolerance for temporary discomfort will hasten your return to normal activities. Follow the exercise routine prescribed by your surgeon. Gradually increase the frequency of the exercise as your knee becomes stronger. Initially you may require assistance, but you should soon be able to perform these exercises and stretching maneuvers on your own. You may wish to establish the exercise pattern with your good knee then switch to your injured one.

Additional Instructions:

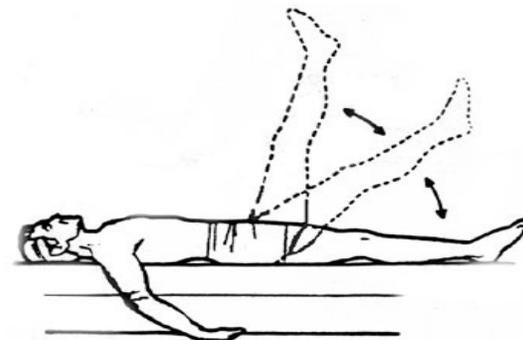
1. Quadriceps Isometrics Strengthening

Sit on a flat surface with legs out straight. Tighten the knee without moving the leg out of position. To get the idea of this exercise have someone their hand behind your knee (push against the hand attempting to flatten your knee). Relax and repeat slowly, holding the knee in the tightened position approximately two seconds each time. Repeat this exercise at least 25 times every hour that you are awake. This can also be preformed at odd moments also such as in your car while you're a passenger or, as you're a driver and stopped at a stoplight or while your sitting in a chair, etc.



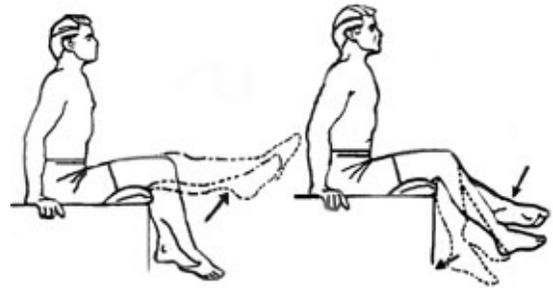
2. Straight Leg Raises

Lie on your back with your legs out straight, knees straight (unbent) holding onto a solid object (bed frame or couch, etc...) lift your heel slowly off the bed. Raise the leg as high as possible. Slowly lower the leg to the bed keeping the knee straight. Repeat ten times; perform three times a day.



3. **Sitting Knee Flexion Exercise**

Sit on side of edge of bed or chair with pillow under knees and legs dangling. Straighten injured leg, using foot of good leg for support, let it drop by gravity, then force it to bend, using other foot to exert pressure on top of the ankle to limits of pain tolerance; repeat.



4. **Movement with assistance from healthy leg**

Sitting high on chair or bed, let injured leg dangle with minimal or no support, and tighten hamstring muscles. Use opposite foot to gradually bend the injured leg by exerting pressure on the **TOP** of the ankle.



5. **Imaginary Bicycling**

Perform bicycling-type exercises, lying on your back with your feet extended into the air. Imitate the movement as if you were on a bicycle and pedaling. Stretch your leg as far as you can straight into the air while at the same time bending the opposite leg as close to your chest as possible, letting gravity pull it toward your body.



6. **Bicycling**

Use a stationary bicycle or a regular bicycle placed on jacks, with the seat placed in highest position. When you are able to make a full revolution comfortably, lower the seat. Increase the tension as you are able to lower the seat even more and have achieved 110 degrees of bend in your leg. Gradually increase the duration of time on the bike. When you can cycle comfortably for 20 minutes you may increase resistance.



7. Hamstring and Knee Stretches in Prone Position

Lie on your stomach and bend the injured knee by lifting foot from table. You may force the knee to bend by pulling a strap or towel looped over your foot.

Gently pull on the strap until you feel pressure in your knee and hold for 2-5 seconds. Then, gently allow the leg to move back toward the ground with the assistance of gravity and the use of the strap (preventing it from falling too quickly).

