

**Joint Replacement, Sports Medicine,
Fracture Care & General Orthopaedics**

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ARTHROSCOPIC KNEE SURGERY – Postoperative Instructions

- Meniscus trimming** **Meniscus Repair** **Chondroplasty**
 Plica Resection **Lateral Release** **Loose Body Removal**
 Other:

Follow-up appointment: Our office will call you the next business day after surgery to schedule a postoperative visit (usually 10 days postop). At that time you will be given the opportunity to ask questions about your surgery or discuss any difficulties you may have. Arthroscopic photographs may be available for review at your follow-up visit.

About your dressing: Your knee is covered with a sterile dressing following the procedure, and this should be kept clean and dry for 48 hours. You may shower but be sure that the dressing is covered and out of the flow of water. You may change the dressing at any time if it becomes soiled or wet. Remove the dressing after two days and cover the wounds with band aids until there is no further drainage. Do not use a tub or jacuzzi until your first postoperative visit.

- You have stitches that will need to be removed at your follow-up visit
 Your wounds are closed with steri-strips (small pieces of tape that should remain on for 7-10 days)

About pain and swelling: Some discomfort is to be expected following this surgery. Your surgeon uses a local anesthesia in the knee that will provide pain relief for 6-10 hours following surgery. The best way to control the discomfort is to keep the leg elevated (above the level of the heart) and apply ice (enclosed in a plastic bag and wrapped in a dry towel) to the knee for 20 minutes out of an hour, repeating as needed.

For pain, use the narcotic medication that your doctor ordered. Please do not combine narcotics with alcoholic beverages.

Nonsteroidal anti-inflammatories (like Motrin, Advil or Aleve) may be used with or instead of the narcotic medication.

Postoperative activities:

Apply as much weight to the leg as is comfortable, using the crutches only as needed for comfort. Avoid strenuous activities. You can speed up your recovery by starting early rehabilitation. Perform the exercises listed on the back of the sheet, starting the day following surgery. You may also use an exercise bike on low resistance setting as long as there is no lasting pain.

Use crutches at all times. Only apply **PARTIAL WEIGHT** to the operative leg, **just enough to maintain balance while using the crutches.**

Return to driving/work: Please do not drive for 24 hours following surgery. **OK to resume driving when you are no longer taking narcotics and can walk comfortably without crutches.** Return to work will depend on your work duties- this should be discussed with your surgeon.

Warning signs: If you have fevers or chills, the pain is not manageable, there is bloody drainage or pus, red streaking up your leg, calf pain, shortness of breath or if you have any other questions, **please call our office at #978-534-6333.**

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EXERCISES FOLLOWING KNEE ARTHROSCOPY

1. Ankle Pumps

Flex and extend your ankle maximally. This helps decrease blood clots in the legs and can be started immediately after surgery.

These should be done repetitively throughout the day.

2. Quad Sets

Sit comfortably on the floor or bed. Have your operative leg straight out in front of you and try to tighten your thigh muscle while pushing the back of the knee into the bed or floor. Hold for a count of five.

Do three sets of ten, 3 times a day.

3. Straight Leg Raises

Keep the nonoperative knee bent. Do a quad set with the operative leg and then lift it in the air about a foot off the floor or bed (keeping the leg straight). Hold for a count of five, then slowly lower the leg.

Do three sets of ten, 3 times a day.

4. Hamstring Stretches

Sit on the bed or floor with your operative leg out straight and your opposite leg resting comfortably. Slowly reach for your toes until you feel a stretch in the back of your thigh. Hold for a count of five.

Do three sets of ten, 3 times a day.

5. Flexion Exercises

Sit on a chair or with your legs over the edge of the bed. Let the operative leg dangle and bend it as much as is comfortable. Use the other leg to help bend the knee.

Do three sets of ten, 3 times a day.