

POST-OP INSTRUCTIONS—ARTHROSCOPY OF KNEE

1. **BANDAGE/WOUND CARE:** Your knee will be wrapped with an elastic wrap after surgery. If this is too tight, becomes too loose, or needs to be re-wrapped, you may do so. Arthroscopic surgery is done through several small incisions about the knee. The knee is filled with saline for arthroscopy and it is common for some of this to continue to seep out of the incisions for a day or two after surgery, making the dressing wet. The fluid maybe blood-tinged; this is not a cause for alarm. If your bandage is comfortable, it does not need to be changed just for the sake of changing it, and it is better left alone! **YOU MAY REMOVE DRESSING 48HRS AFTER SURGERY.**
2. You will be supplied with a cryo-cuff at the surgical center. This is used to keep post-op swelling and inflammation down by applying cold treatment. Please use this treatment for the first 48hours following your surgery. After that, icing down the knee while you increase your activities will help with the swelling.
3. **Weight Bearing:** Most patients feel more comfortable using crutches for several days after surgery. When walking, you may put as much of your weight on your operated leg as is comfortable. You will be able to gradually increase the amount of weight. When you are able to comfortably walk without crutches, you may do so. Please be careful getting in/out of vehicles, avoid walking on uneven ground, and walking up/down inclines.
4. You will be prescribed a narcotic following your surgery. It is best to take this medication with food. It is expected to reduce but not completely take away discomfort; it is not a substitute for proper rest and elevation. While taking this medication you should not drink alcohol, drive, or other activities which could be risky as your judgment/reaction time is impaired.
5. **EXERCISES:** Beginning the day after surgery, you should begin straight leg raising exercises. While lying on your back lift leg up with the knee held straight, holding the leg up for a few seconds, and the letting it back down. This exercise is very important to prevent weakness of the quadriceps muscle on the front of your thigh. Dr. Padavano encourages all patients to participate in a short course of physical therapy starting 2-3days following your surgery. If you are not enrolled in a program, please do so. If you are unable please be sure to let his staff know so they can instruct you on the proper exercises. After your dressing has been removed you may begin gentle bending exercises to regain knee motion---simply bend the knee as much as is possible without significant pain; hold this position for a few seconds, and straighten the knee back out. Repeat 10 times each session/3-4 times per day.
6. **YOU MAY ENJOY A SHOWER 48HOURS FOLLOWING SURGERY. PLEASE DO NOT SUBMERGE SURGICAL LEG IN "DIRTY" WATER FOR TWO WEEKS. NO BATHS, WHIRLPOOLS, POOLS, OR LAKES!!**
7. You should have an appointment with Dr. Padavano 5-6days following your surgery. If an appointment was not scheduled please call the office.

AT ANY TIME, IF YOU HAVE ANY QUESTIONS/CONCERNS, PLEASE CALL THE OFFICE

773-7428