

Home Instructions:

Knee Arthroscopy

Name:

Date of Surgery:

Follow-up Appointment:

1. **Dressings:** Your knee is covered with a gauze dressing that is wrapped in an ACE wrap. Keep the dressing clean and dry. Leave the dressing on for 2/3 days post-op. You will have your first post-op visit 2/3 days after surgery and dressing will be taken down at this time. If the dressing becomes soaked, call Dr. Sladicka's office to assist in changing it.

2. **Shower/Bathing:** When the incisions are dry, you may shower and allow water to run over the incisions, and then pat them dry. No showers until the incisions have stopped draining. You must do sponge baths until the incisions are dry. No baths, pools, hot-tubs, or soaks until 4 weeks after surgery.

3. **Ice:** Ice the knee 4-5 times per day for only 20 minutes per session. Continue for 5-7 days after surgery.

4. **Meals:** The first meal after surgery should be light and liquid as nausea may occur with a full stomach in the first 10-12 hours.

5. **Activity:** During the first two days after the surgery, elevate the operated limb on pillows while lying down or sitting down. The knee should be elevated high enough to be level with the heart. You may bear your full weight on the leg as tolerated. It is also OK to bend the knee as tolerated.

6. **Crutches/Walker:** Walk with either crutches or a walker initially; whichever is more comfortable for you. When you are comfortable enough you may go without them.

7. Medications:

Pain Medication: Will be Norco or Percocet. Take 1-2 tablets every 4-6 hours as needed for pain. If you have no pain, do not take these pills.

Anti-inflammatory Medications: Examples include Aleve, Advil, Ibuprofen, Motrin... These may be taken as directed for additional pain relief. Do not take more than 800mg every 8 hours.

8. Exercises: During the first week after surgery, the following exercises should be done daily.

Ankle pumps: Raise the toes and ankle toward the head and then point the toes and ankle away from the body. Hold each position for 5 seconds and squeeze hard. This helps prevent muscle atrophy and blood clots. Do this exercise for 10 sets, 3 times per day for the first week.

Straight Leg Raises: While lying on your back, tighten the quadriceps muscles (thigh) to completely straighten the leg. While squeezing hard lift the straight leg off the floor or bed by 12 inches. Perform as many as 30 repetitions 3 times per day for the first week. This exercise helps prevent quadriceps atrophy and allows a quicker return to normal walking.

9. Smoking/Nicotine: If you happen to use any nicotine product, including e-cigarettes and chewing tobacco, try to refrain while your incision heals. The nicotine causes a constriction in your blood vessels and is one of the main reasons for poor healing.

10. Precautions: Excessive nausea, inability to take fluid or food, inability to urinate, fevers and chills, numbness lasting more than the initial 24 hours, or increasing pain after the first two days are reasons to call Dr. Sladicka's office at 828-324-2800.