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Knee Arthroscopy without Repair: Postoperative Instructions

Diet: Resume regular diet as tolerated

Medication: Take pain medicine as prescribed, as needed
You may use non-steroidal anti-inflammatory medication (*i.e.* Motrin, Advil, Aleve) after surgery unless specifically instructed not to do so by a physician
Please resume regular medication regimen the day after surgery

Activity:

- Minimize activity the day of surgery.
- Apply ice, even though bandages are thick and you may not feel the cold. Apply the ice to the knee 4-5 times per day for 20-30 minutes at a time, or use the ice/compression machine (if one was covered by your insurance)
- Elevate operative extremity (above your heart level) 4-5 times a day for 20-30 minutes at a time. Place a rolled towel under your ankle to maintain full extension of your knee. Try not to lie with a pillow under your knee all the time in order to maintain full extension.
- You may:
Bear weight as tolerated on your operative leg with crutches or cane as needed. You can wean from them when comfortable over the next 1-3 days.
- Move foot/ankle up and down 4-5 times an hour to decrease stiffness in your lower leg starting the first day after surgery
- Begin to work on quadriceps contractions to increase strength in the leg on the second or third day after surgery. (Please see images below)
- **DO NOT** use heat. **DO NOT** use exercise equipment unless otherwise instructed.

Wound & Dressing care:

- Keep the dressing dry.
- You may have some light bloody wound seepage through the bandage
- Your knee can become very swollen. It may take a week or longer for all of this to go away. It is also common to notice bruising around the knee as the swelling resolves
- You may:
Remove all dressings 72 hours after the surgery and cover incisions with band-aids. DO NOT remove any steri-strips (white rectangular strips stuck to skin).
- Do not put any ointments or creams on the incisions.

Showering:

You may shower 3 days after surgery. DO NOT immerse the knee under water (i.e. baths or swimming) and DO NOT rub the incisions. Cover incisions with Band-Aids after showering

Notify your physician if you experience any of the following:

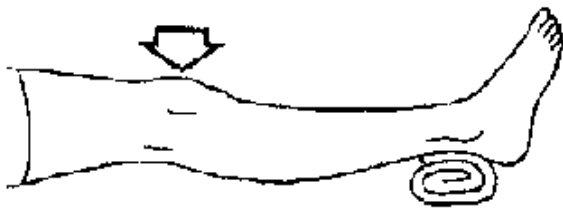
- Any fever over 101.5 degrees
- Change in pain or excessive pain
- Excessive wound drainage
- Vomiting

Specific Instructions: Please call 914.686.0111 to schedule your follow up appointment for **7-10 days** after your surgery. We will review the surgical findings during your post-operative visit and initiate your rehabilitation program.

Exercises:

Quadriceps set

Lie on your back with your knees straight, legs flat and arms by your side. Tighten the muscles on the top of the thigh (quadriceps), and at the same time push the back of the knee down into the table and raise only the heel. Hold for 5 seconds, relax 5 seconds. Repeat this exercise 6 times on a firm surface at least 4 times a day



Straight leg raise

