

**NOI- NORTSHORE ORTHOPAEDIC INSTITUTE
SPORTS MEDICINE SERVICE**

POST OP KNEE ARTHROSCOPY INSTRUCTIONS

1. **Pain and swelling:** Expect a considerable amount of pain the first few days post-op. Take your prescribed pain medication for the first 2 days on a regular schedule, try not to hold off taking them because if your pain level becomes too high it may become more difficult to decrease. On day 3 decrease the frequency depending on your pain level. Although you will have pain it should be manageable. There may be a small amount of drainage at the surgery site the first few days, this is NORMAL and caused by the joint being filled with fluid during the surgery. The swelling will reside in 2-3 days.
2. **Wound care and dressing change.** Remove the dressing on post-op day #4. Leave the steri strips in place and the surgical site open to air.
3. **Crutches:** You may use crutches as needed for comfort but we encourage you to put full weight on your surgical leg if tolerable.
4. **Home Exercises:** Please perform the exercises on the attached guide 3-4 times per day (10 reps each):
5. **Showering:** If there is not fresh drainage at your surgical site, you may shower on post op day #4. Keep the area dry by using plastic wrap (press and seal works well). You may remove the sling to shower but keep a water resistant pillow under the elbow for support. Do not bathe or immerse the area for 6 weeks.
6. **Game Ready (icing):** Icing and elevation are important to help control swelling and pain. You will receive your Game Ready machine from a rep that will bring it to your home. You can use your cooling unit constantly. Do not put the pad directly on the skin. You can use regular ice packs if you elect against the ice machine.
7. **Physical Therapy:** You may or may not need formal physical therapy after your surgery, this will be determined by Dr. Birmingham.
8. **Driving:** You are restricted from driving until you are no longer taking the narcotic pain medication
9. **Follow up:** Please call the office (312-664-6848) to follow up with Dr. Birmingham in 7-10 days.
10. **What to call for:**
 - a) Elevated temperature of 101.5F
 - b) redness along the incision
 - c) Poor pain control
 - d) any other questions or concerns
 - e) emergency call after hrs Dr. Birmingham

Physician _____

Patient _____

Nurse _____

Date _____

MEDICATIONS: DR. BIRMINGHAM

1. NORCO (hydrocodone 10/325)

- i) Take 1-2 Norco every 4-6 hours, depending on the severity of pain
- ii) If pain is very severe- you may take sooner than 4 hours, but only up to 12 in a 24 hour period

2. VOLTAREN (75MG)

- i) Anti-inflammatory. To be used twice per day, with breakfast and dinner, as needed for pain

3. ZOFRAN (8MG)

- i) Take as prescribed for nausea

Side effects of pain medications:

1. Constipation: take whatever works for you, including:

- i) Prunes/prune juice
- ii) Colace/pericolace (over the counter)
- iii) Senekot (over the counter)
- iv) High fiber diet if tolerated

2. Nausea:

- i) Take pain medication on a full stomach
- ii) Use Zofran as prescribed

* Your medications have been called into your pharmacy with the exception of Oxycontin and Norco, these will be given to you the day of surgery.

Your Home Exercise Program Following Arthroscopic Knee Surgery

1. Towel Roll under the Heel

Purpose: To maintain and improve your knee extension range of motion.

Perform this exercise if you are having trouble getting your knee straight

Lie on your back with your non-operated leg bent.

Place a rolled up towel (approximately 4 - 6 inches in diameter) under the heel of your operated leg (**Figure 1a**).

Let your operated leg straighten as much as possible.

Try to maintain this position for 3 - 5 minutes.

Ice can also be applied during this exercise (**Figure 1b**).



Figure 1a



Figure 1b

2. Isometric Quadriceps Strengthening (Quad Sets)

Purpose: To strengthen the quadriceps muscle.

Lie on your back with your non-operated knee bent.

Place a small towel roll underneath your operated knee (**Figure 2**).

Slowly tighten your thigh muscle (quadriceps) and push the back of your operated knee down into the towel roll.

Hold this contraction for ____ seconds then slowly release.

Rest for 10 seconds between each contraction.

Perform ____ sets of ____ repetitions, ____ times daily.



Note: A towel roll is placed underneath the knee for this exercise only.

Note: Do not hold your breath with any of these exercises.

Figure 2

3. Straight Leg Raise

Purpose: To strengthen the quadriceps muscles.

Lie on your back with your operated knee straight.

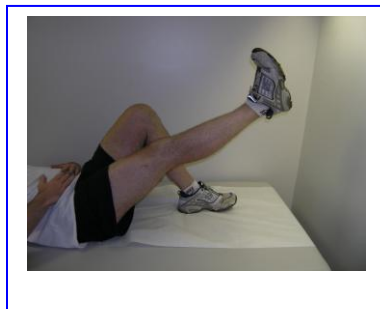
Bend your non-operated knee as shown. Gently tighten your stomach muscles

Gently tighten your thigh muscle (quadriceps) and slowly raise your operated leg to the level of the opposite knee (**Figure 3**).

Your leg should remain straight throughout this exercise.

Perform ____ sets of ____ repetitions, ____ times daily.

Note: If you have pain/discomfort with this exercise, stop and then try again each day until you can perform this exercise correctly and pain free.



4. Seated Active Assisted Range of Motion Exercises

Knee Flexion and Knee Extension

Purpose: To help improve motion and strengthen your knee.

Sit at the edge of the bed or a firm surface.

Support your operated leg with your non-operated leg.

Gently allow your operated leg to bend by supporting it and gently lowering it with assistance of the non-operated leg. **(Figure 4a)**

Slowly remove your non-operated leg from behind your operated leg and let your operated leg dangle as tolerated.

Now, actively bend your operated leg until you feel a stretch **(NO PAIN)** and hold for ____ seconds.

(Figure 4b)

Now take your non-operated leg and place it in front of your operated leg.

Bend your operated leg with the assistance of the non-operated leg. **(Figure 4c)**

Now extend your operated leg all the way back up, using the non-operated leg for assistance. **(Figure 4d)**

Perform ____ sets of ____ repetitions, ____ times daily. Everyday

Red band indicates operated leg



Figure 4a



Figure 4b



Figure 4c



Figure 4d