

## POSTOPERATIVE INSTRUCTIONS FOR KNEE ARTHROSCOPY

### ACTIVITY

Crutches may help with balance in the first few days, but you can bear as much weight on your leg as is comfortable. You may bend and straighten your knee as much as you want.

Avoid standing or walking for long periods during the first 7-10 days after surgery.

Avoid sitting for extended periods (without elevating your leg) or long-distance travel for 2 weeks.

### BANDAGE AND INCISIONS

You may notice a small amount of red stains on your bandages during the first two days. This is normal. Please keep the bandage clean and dry. If you need to bathe/shower, protect the bandage. Do not soak in a pool, lake, hot tub, or ocean until the sutures are removed.

You may place band-aids (adhesive strips) on the incisions. Do not leave them uncovered.

### PAIN AND SWELLING

Ice - Apply ice packs wrapped in a dry towel for 20 minutes several times a day for the first week and as needed for Pain and swelling.

Compression - Use the bandage to reduce swelling. Always apply the bandage starting from the foot upward toward The thigh (if needed).

Elevation - Keep your foot elevated at hip level as much as possible for the first 3 to 4 days. Elevate the leg with a pillow under the calf or foot, NOT under the knee.

### PAIN MEDICATION

You have been given a prescription for pain management. Please take the medication as directed.

If you need additional pain relief, you may take Tylenol 500-750mg every 4-6 hours. Do not exceed 3 grams (3000mg) in a 24-hour period!

### COMMON SIDE EFFECTS OF PAIN MEDICATION:

**NAUSEA:** Take medications with food to reduce nausea.

**DROWSINESS:** Do not drive or operate machinery.

**ITCHING:** You may take Benadryl to relieve itching.

**CONSTIPATION:** Use over-the-counter stool softeners (mineral oil, milk of magnesia, etc.). Avoid bananas, rice, apples, toast, and yogurt as these can worsen constipation. Moving and walking also help stimulate bowel movements.

Anti-inflammatory medications (Ibuprofen, Naproxen, etc.) SHOULD NOT be taken for 2 weeks after surgery.

## EMERGENCIAS

- Please have someone stay with you for the first 24 hours after surgery.
- Contact the clinic or Dr. Hernández if:
  - The drainage soaks the bandages, expands, smells bad, or the incisions become red, hot, and extremely painful.
  - You develop a fever (> 38°C) or chills.
  - You experience leg or calf pain, leg swelling, or difficulty breathing.

## FOLLOW-UP CARE

Please schedule your follow-up appointment 10-14 days after surgery for suture removal and surgical evaluation.

## EXERCISES

When you feel comfortable and ready, you may perform each exercise 2-3 times a day.

It helps to take pain medication 20-30 minutes before exercising and to apply ice afterward.

## FLEXION:

- Sit in a chair.
- Place your non-operated leg under the foot of the operated leg.
- Gently allow the knee to bend with the support of the non-operated leg.
- Hold at the maximum bend for 5 seconds.
- Repeat 10-20 times.
- Goal = 90° of flexion within 2 weeks after surgery.

## QUADRICEPS CONTRACTIONS:

- Sit or lie down with the operated leg straight.
- Place a rolled towel under the knee.
- Tighten the thigh and hamstring by pressing the knee down into the towel.
- Hold for 10 seconds.
- Relax the thigh and leg.
- Perform 2-3 sets of 10 repetitions.



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### STRAIGHT LEG RAISE:

Lie on the floor, contract the quadriceps (as described above) raise the foot 30-50 cm off the ground.

- Slowly lower the leg back to the ground.
- Relax the thigh.
- Perform 2-3 sets of 10 repetitions.

### ANKLE MOVEMENT:

- Point your toes downward and hold for 5 seconds.
- Pull your toes upward and hold for 5 seconds.
- Perform 2-3 sets of 10 repetitions.