

DR. ROGERSON'S POST- OP KNEE ARTHROSCOPY INSTRUCTIONS:

- 1) Elevate the leg higher than the level of your heart for two days when at rest. Then only as needed for swelling. Place an ice pack on the operative knee for 20-30 min. 2-3 times a day for the first week after surgery. Take it easy early. It pays off! About 72 hours after knee arthroscopy you may start to get back to your regular daily activities, but use good judgment and introduce the time on your feet in increments, stopping and icing at intervals, especially if you feel any indication of swelling. Use both crutches for walking until you can walk without a limp...that is you can land each step on your heel with confidence and no pain.
If you have calf pain or calf cramping, you are pushing it...Get back on the crutches.
- 2) Crutch ambulation, weight bearing as tolerated* (see below). Use two crutches to get around and place weight on the heel and toe rather than just the toe. If you do it the wrong way you will have calf pain and possibly cramping. Until you are able to get the heel down, you should only partially bear weight on the operated leg.

*Weight bearing is modified for the following procedures - if unsure, ask your nurse prior to discharge:

a) Chondroabrasion -

1. Crutch ambulation with maximum of 60# weight bearing for 8 weeks.

b) Meniscus Repair -

1. Crutch ambulation with touch down weight bearing for 4 weeks.

c) ESA Lateral Release -

1. You will need to keep your knee bent to 45 degrees for 2 days. This includes when ambulating on crutches. After 2 days, you may use crutches and weight bear as tolerated and straighten and bend the knee without restrictions. Also start exercises.

3) Exercises:

- a) Quad sets - with operative leg straight, tighten thigh muscle and hold for count of 6
Relax and repeat several times each hour, increase number every day.
 - b) Straight leg raise - while lying flat, bend non-operative leg and straighten operative leg. Tighten thigh muscle and raise leg approximately 12 inches, hold for count of 10. Repeat until thigh muscle feels tired. Perform 2-3 times per day, increasing number of lifts each day
- 4) You may remove the Ace wrap and dressing the day after surgery, and then place band-aids on the incision sites. It is not uncommon to have a little drainage and the skin edges may be pink, but you don't want to see reddened skin at the incision sites or experience tenderness around the incision portals. You may shower after the Ace wrap and dressing have been removed. After showering, place fresh band-aids on the incision sites and change these daily until drainage has diminished.

Massage incision portals to break up scar tissue formation.

- 5) Re-wrap the Ace wrap or apply a knee compression sleeve to compress the knee during the day for 1 week post-op and then as needed if swelling is present.
- 6) The morning after surgery start taking one enteric coated 81 mg aspirin daily for 4 weeks to reduce the risk of blood clots. Please call if you cannot take aspirin.
- 7) Do not hesitate to call Dr. Rogerson's office if you have questions or concerns: (608) 231-3410.