

Knee Arthroscopy – instruction for after surgery

You had this surgery today (checked)

<input type="checkbox"/> Debride plica or other soft tissue	<input type="checkbox"/> Loose body removal	<input type="checkbox"/> Lateral release
Meniscal repair: <input type="checkbox"/> medial <input type="checkbox"/> lateral	Meniscal debridement: <input type="checkbox"/> medial <input type="checkbox"/> lateral	Cartilage debridement: <input type="checkbox"/> patello-femoral <input type="checkbox"/> medial compartment <input type="checkbox"/> lateral compartment
Ligament repair: <input type="checkbox"/> ACL <input type="checkbox"/> PCL <input type="checkbox"/> Lateral ligaments <input type="checkbox"/> Medial ligaments	ACL reconstruction: <input type="checkbox"/> hamstring <input type="checkbox"/> bone-patellar tendon-bone <input type="checkbox"/> allograft	PCL reconstruction: <input type="checkbox"/> hamstring <input type="checkbox"/> bone-patellar tendon-bone <input type="checkbox"/> allograft
Other ligament reconstruction: <input type="checkbox"/> medial patello-femoral <input type="checkbox"/> lateral ligaments <input type="checkbox"/> medial ligaments	Osteochondritis Dissecans repair: <input type="checkbox"/> Patella <input type="checkbox"/> Medial femoral condyle <input type="checkbox"/> Lateral femoral condyle	Microfracture: <input type="checkbox"/> patello-femoral <input type="checkbox"/> medial compartment <input type="checkbox"/> lateral compartment

Other Procedures:

Instructions (Please bring this instruction sheet with you to your first appointment after surgery).

- Keep your knee raised for 48 hours
- Apply ice (20 minutes each hour) or cryocuff over dressings at least 48 hours (open velcro splint for ice application/cryocuff)

You may have a velcro splint called a knee immobilizer after surgery. If you do, keep it on for:
___ days ___ weeks

After you remove the velcro splint it is a good idea to wear a knee brace if you have one, day and night until your follow-up visit. If you do not have a brace you can still remove the Zimmer splint as per the above date.

Weight bearing – crutch use (checked one)

- | | |
|---|--|
| <input type="checkbox"/> Non weight bearing

<input type="checkbox"/> Touch toe weight bearing (foot can rest on the floor) | <input type="checkbox"/> Partial weight bearing with ___ pounds

<input type="checkbox"/> Weight bearing as tolerated with crutches
<input type="checkbox"/> for comfort only
<input type="checkbox"/> for ___ weeks |
|---|--|

Dressings

- Remove bulky dressing (wrap) ____ days after surgery
(The wrap may be loosened and replaced if it feels tight.)
 - Replace bandages ____ days after surgery
Leave steri-strips (white tapes) on for ____ days
 - You may shower ____ days after surgery, but keep wounds dry.
- Do not apply ointment or creams to the wounds and no baths, hot tubs, or swimming pools until your surgeon checks the wounds.

Activity

Start your physiotherapy in _____ days.

- You may start the home exercise program attached _____ days after surgery (you can remove the Zimmer splint for the exercises)

The amount of time you will miss from school or work depends on how you feel and your job; however, plan to take at least 1 week off and discuss with your surgeon at follow-up. You should not return to any sporting activity unless instructed by your surgeon.

Follow-up

Call as soon as possible to schedule an appointment with your surgeon in the Orthopedic Clinic at the hospital where you had your surgery on _____
(905-521-2100, ext. 75665).

Call your surgeon

It is normal to have some discomfort and swelling in your knee for several days or weeks after your surgery. However, if you have any of the following:

- fever greater than 38°C
- knee redness
- new or unusual symptoms
- active or persistent bleeding
- purulent drainage or discharge from the incision site
- increasing calf tenderness or swelling
- feeling ill
- worsening pain or swelling

Call 905-521-2100 and ask for your surgeon's office.

After hours call 905-521-2100, ext. 76443 and ask for the orthopedic surgeon on-call at the hospital where you had your surgery.

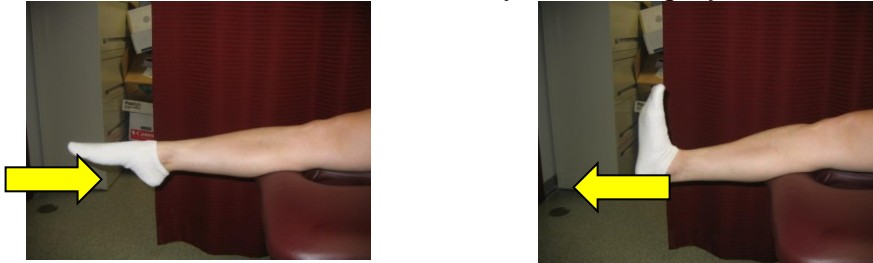
If you are having difficulty reaching somebody, go to your local Emergency Department.

Post-op Knee Arthroscopy Exercises

Gentle exercise will reduce swelling, increase motion, and help prevent stiffness and weakness. Please do the ones that are checked off.

Ankle pumps: _____

- Pump your ankles up and down to decrease swelling and prevent blood clots in your legs. Do this several times an hour for several days after surgery.



Heel slides: _____

- While lying on your back, slide your heel backwards. Keep bending the knee until you feel a stretch in the front of the knee. Use a towel if needed. Hold this bent position for 5 seconds and then slowly relieve the stretch and straighten the knee. Do 20 repetitions, 3 times a day (morning, afternoon and night).



Sitting heel slides: _____

- When sitting in a chair, slide the heel backward. Hold for 5 seconds and slowly relieve the stretch by sliding your foot forward. You can help with the opposite foot if needed. Do 20 repetitions, 3 times a day (morning, afternoon, and night).



Exercises from McMaster Sports Medicine and Rehabilitation Centre