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POST-OPERATIVE INSTRUCTIONS FOR PATIENTS HAVING KNEE ARTHROSCOPY

1. Post-operatively you can put up to _____ of your weight on the operated knee. Crutches or cane (placed in the opposite hand) are the most helpful to assist you with walking.
2. Keep the operated knee elevated for the first 1-3 days after surgery while you are resting.
3. It is normal for the knee to develop swelling post-operatively. Apply ice to your knee for 15-20 minutes 3-4 times each day for the first 3 days following surgery. Thereafter, you may apply ice to the knee if you feel that the knee is painful or swollen. Do not apply ice directly to skin.
4. Please leave the bandages on your knee in place until _____. On _____ you may remove your bandages and take a shower. Do not remove the steri-strips over your incision sites. Apply only soap and water to your knee. After showering please dry your incision sites well. Do not put any lotions or ointments directly over your incision sites. Please cover your incision sites with band-aids. Place a 6 inch ace wrap around your knee to help decrease the swelling in your knee.
5. Start gentle range of motion exercises on the first post-operative day and increase the exercises with each passing day. Exercising will help decrease the post-operative swelling and re-educate your muscles to function normally. The exercises consist of:
 - a. Straight leg raises.
 - b. Flexing your knee to tolerance. It is normal to feel a pulling sensation in the front of the knee while bending the knee.
 - c. Emphasize full extension. Place a rolled towel or blanket underneath your heel and attempt to fully straighten the knee. Again, it is normal to feel a pulling sensation in the back of the operated knee.
6. You may resume eating after your surgery. Initially begin eating foods such as toast, crackers and clear liquids. You may progress to your regular diet as tolerated.
7. Please call the office to schedule your first post-operative appointment. Our office phone number is #510-663-7700. Dr. Caldwell would like to see you on _____.
8. You have been provided with the medications to take post-operatively. Please take these medications as directed. If you have any questions please call our office for guidance.
9. If you have any questions, problems or concerns please call our office directly.