

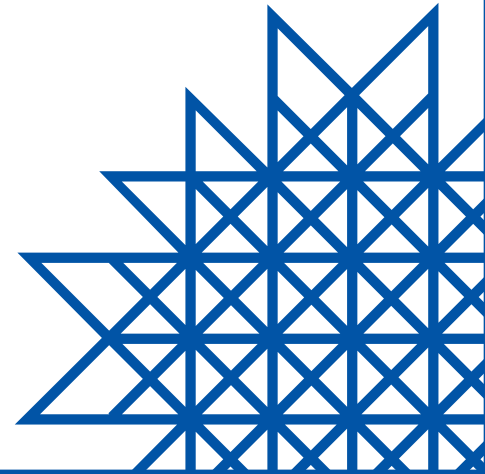


Arthroscopic Knee Surgery

This booklet contains important
information about post-operative
instructions and exercises.

Please keep it handy for quick
reference after your surgery.

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What is Arthroscopic Surgery?

Your Physician will use an arthroscope to look inside your knee joint. This instrument has a camera which relays images to a TV monitor. Your physician can then assess and repair, whenever possible, the damage inside the knee joint. This procedure is done on an outpatient basis.

It takes 30 minutes to an hour for the surgery and an hour or longer in the recovery room. You will have 2 to 3 small puncture holes on your knee which will require suturing.

If you sustain an abrasion or cut on your knee prior to surgery, notify us immediately. Surgery may need to be canceled to prevent introduction of bacteria into the knee joint.

Prevent Post Surgical Respiratory Complications

Anesthesia during a surgical procedure slows your breathing rate and may cause an accumulation of some fluid in the lungs. To prevent complications, cough and deep breathe every hour (during your waking hours) for 24 to 48 hours after surgery. This is especially imperative for those with lung disease or a history of smoking.

Incision Care

Leave your sterile dressing on 48 hours after your surgery. You may loosen or re-wrap the Ace bandage covering your dressing at any time.

You may have some swelling and bleeding through the Ace wrap after surgery. This is normal. Elevation of your leg will help minimize symptoms.

Lie on your back with your legs propped up 3 or 4 pillows. Legs must be above your heart level.



You should apply ice the evening of surgery. You may have purchased an ice machine. Follow the instructions on the machine. Otherwise, you can use ice bags alternating application 20 minutes on, 20 minutes off during waking hours. Continue use of ice until swelling and pain subside.

After 48 hours, remove the Ace bandage and sterile dressing. Apply non-allergic Band-Aids. Notify us of any yellow drainage, redness, increased pain, or inflammation of your knee. Please have a thermometer available in case we need you to monitor your temperature.

Bathing and Showering

In order to prevent opening and contamination of your wounds, baths and soaking are not permitted until we check your incision in the office, usually 10-12 days after surgery.

If your portal sites are dry AFTER 48 HOURS, BRIEF showering is permitted. Incisions should be patted dry after showering. If the portal sites are not dry, wait another 24 hours.

Walking

Unless otherwise instructed, you will be walking immediately after surgery. You will likely be using crutches. Early ambulation helps you regain early knee motion and hastens your recovery to normal walking.

Pain Management

Remember to control your pain with ice application to your knee and elevation of your operative leg. Take your pain medication as directed and call us if it is ineffective or if it causes any side effects such as nausea, vomiting, rash, etc.

Remember, narcotics cause constipation. Be sure to drink plenty of fluids, eat fresh fruit and bran cereals. If this provides no relief, try a stool softener, laxative, or glycerin suppository.

Remember not to drive while taking narcotic pain medication, as they can make you drowsy and slow your reaction time.

Diet

Begin with liquids and lighter food. Progress to normal diet if you are not nauseated.

DVT Prophylaxis

You may have the opportunity to purchase TED Hose, and you will be instructed on their use. Otherwise we recommend taking one full dose Aspirin (325mg) by mouth, daily for 30 days AFTER surgery to help decrease your chance of blood clots.

Exercises

The following exercises should be done gently before and on a regular basis after surgery. Establish the exercise pattern with your good knee, then switch to your injured knee. Increase the frequency of your exercises as your knee becomes stronger.

Static Quad Exercise

This exercise can be done sitting, standing, or lying down, making sure that the knee is straight.

1. Tighten quads (muscle above knee) as hard as possible.
2. Hold 5 seconds.
3. Relax

(10 repetitions, 4 times a day)

7-Count Straight Leg Raises

This exercise is done lying down on a bed, raising one leg at a time, SLOWLY.

1. Tighten quads,
2. Tighten harder.
3. Raise leg.
4. Tighten quads harder.
5. Lower leg to bed.
6. Tighten quads harder.
7. Relax.

(20-50 repetitions, 3 times a day)

