

**PATIENT INSTRUCTIONS
POST-OP KNEE ARTHROSCOPY**

Client: _____

DOB (yyyy/mmm/dd): _____

HRN / MHSC: _____

PHIN #: _____

Addressograph/Place Label Here

You have had arthroscopically assisted surgery of your knee. If your surgeon can not discuss the operative findings and procedure with you on the day of surgery, this will be explained to you at your follow-up. A copy of your operative report will be sent to your family doctor.

Dressing:

- A tensor bandage is in place on your knee which is to be kept on for at least five days. Re-wrap the bandage if it is too tight and loosen it for the night. There may be a small amount of pink or light red oozing from the wound. Change the dressing if necessary. Keep the incisions clean and dry. Apply Band-Aids if necessary. A tensor may be worn in the daytime after the five days if it feels more comfortable.

Activities:

- Make walks short and frequent in the first week. To decrease swelling elevate your leg when possible.
- Start the exercises you have been given immediately after surgery.
- Apply ice to the knee over the dressing for 10 to 15 minutes at a time, regularly during the first 48 hours.
- Crutches are not usually required and may slow down your recovery. However, if absolutely necessary they can be purchased through the hospital at your expense.
- You may return to work in two days if you do desk work. If you do manual labour, do not go to work until you have seen your doctor. Excessive activity initially will prolong knee swelling and delay your recovery.

Pain:

- A prescription for pain relieving medication may be provided prior to your discharge from hospital. Take as directed. If you do not have a prescription, consult your local pharmacist for any over the counter pain medication.

Hygiene:

- You may shower after five days. Do not bathe or soak the knee until you have been seen by your doctor.

Please notify your doctor if:

- you have a lot of redness, swelling or pain at the site of your incision
- you have a great amount of bleeding from the wound
- you have severe pain not relieved with pain medication
- you develop pain to your calves or in the back of your knee
- you have signs of an infected wound (fever, chills, or pus-like discharge)

Please make follow up appointment for _____

Additional Instructions: _____

Reviewed With: _____

Signature: _____

Date (yyyy/mmm/dd): _____

Signature: _____

If you have any questions or concerns after you arrive home, contact your doctor or call Health Links at 1-888-315-9257. If you believe your concern is **urgent**, come to the hospital Emergency Department.

Original to Patient; Copy Page 1 on Chart

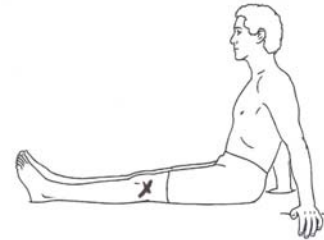
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EXERCISE PROGRAM

Do these exercises three times a day.
“X” refers to surgical knee.

EXERCISE 1

Tighten muscles on top of thighs by pushing knee down into surface. Hold for 5 seconds and repeat 10 times.



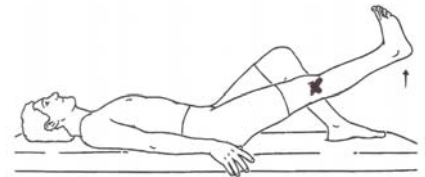
EXERCISE 2

With operated knee over roll (example – large coffee tin), straighten knee by tightening muscles on top of thigh. Be sure to keep bottom of knee on roll. Hold for 5 seconds and repeat 10 times.



EXERCISE 3

Tighten muscles on front of thigh, then lift leg 8 to 10 inches from surface, keeping knee locked. Hold for 5 seconds and repeat 10 times.



EXERCISE 4

Bend your surgical knee as much as possible, then use towel under your foot to assist with knee bending. Hold for 5 seconds and repeat 10 times.



EXERCISE 5

Tighten muscle in top of thigh and straighten out knee. Keep thigh on chair. Hold for 5 seconds and repeat 10 times.



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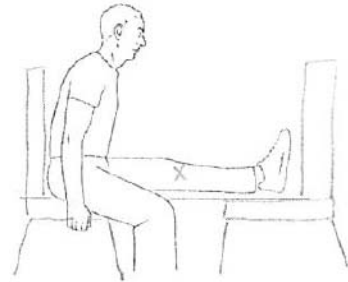
EXERCISE 6

Sitting on edge of chair, feet flat on floor. Stand upright, extending knees fully. Place your weight equally on both legs. Repeat 10 times.



EXERCISE 7

Place foot of surgical leg on opposite chair. Lean forward keeping back straight. Hold for 15 to 30 seconds. Repeat three times.



EXERCISE 8

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 15 to 30 seconds. Repeat three times.

