

Surgery Information Sheet  
**Postoperative Knee Arthroscopy**

In the first ten days after surgery it is very important to control the swelling with ice and elevation. It is beneficial to your healing process to do some simple exercises as well as some stretching. This will help you to regain some of your muscle tone and strength.

1. Using a bag of frozen peas, ice the knee for 10-15 minutes every 2-3 hours for the first 48 hours, then ice the knee three times a day as needed for swelling. The bag of peas allows you to conform the ice to your knee to cool it down and decrease swelling. It is important to keep track of the time you ice your knee, keeping it on longer than 15 minutes can frostbite the skin. Also elevate your leg throughout the day to reduce swelling.
2. Encourage your range of motion by doing some simple exercises or stretching. You may feel some resistance due to the swelling and residual fluid in the knee, but this will decrease with time. You can straighten your leg out completely and bend it as far as it will go.
3. Begin quadriceps sets and straight leg raising exercises. This will allow your muscles in your thigh to begin to develop normal tone, and helps you begin to walk without your crutches. You should try to do at least 50 sets of straight leg exercises a day.
4. You may shower and get the leg wet on the third day after surgery. Replace the Band-Aids with a new clean one after each shower. Do not immerse your knee in a bathtub or Jacuzzi for a minimum of two weeks following surgery or until the scabs have fallen off all the incision sites. This will decrease the risk of infection to your knee.
5. **Precautions:** If your calf swells and leg becomes extremely painful it could be a sign of a blood clot. You should contact my office or your primary care for evaluation. You may remove the ace wrap tonight if it is too tight or you experience increased swelling. Clear or bloody drainage is very common for about 48 hours after surgery. Your knee may also feel warm for several days; this is normal due to inflammation. You should alert us for fever over 101.5.
6. It's easier to suppress pain than it is to treat ongoing pain. An anti-inflammatory or Tylenol may also help control pain and limit the amount of narcotics you will have to take.

If you have any questions or concerns, please call my office at 541-472-0603.