

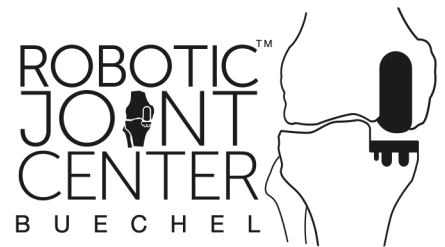
**Frederick F. Buechel, Jr. MD**

**Robotic Joint Center**

737 Park Avenue, Suite 1C

New York, New York 10021

Office: (212) 308-3089



## **Knee Arthroscopy Instructions after Your Surgery**

- You will be discharged approximately one hour after your procedure, but only when you are stable and have recovered from your anesthesia with the recovery room nurses.
- You will be helped by the recovery room staff to get up and walk with an assistive device such as crutches.
- Once you have safely gotten up, used the bathroom, and you have been assessed as stable for discharge by the nursing staff, you will be assisted out of the facility to go home.
- Use your crutches for the first few days, or until you can walk safely. For some, this may be 7-10 days.
- When home, you should keep your leg elevated as much as possible to reduce swelling for the first week. Elevate your leg so that your ankle is higher than your knee, and your knee is higher than your hip to best reduce swelling.
- Put ice on your knee for 20 to 30 minutes at a time, 3 to 4 times per day to reduce swelling and pain.
- If you have a cold therapy unit such as a Breg Polar Care Kodiak or Gameready Device, you should apply this as often as tolerated or as instructed, to reduce swelling and pain.
- Take it easy for at least the next 2 to 3 days.
- Do not take part in any strenuous activities until your doctor feels that you are ready.
- Bending your knee with gravity assistance when sitting in a chair is sufficient during the first week.
- Performing thigh-muscle tightening exercises 3-4 times a day is a great way to maintain your muscle tone during the early days after your surgery. These are called "isometric quadriceps setting exercises."
- You may shower with the clear dressing on. Remove and replace Ace before and after shower to apply gentle compression.
- You may remove your gauze dressing after 48 hours. You may cover the small incision areas with Band-aids to keep your clothes from rubbing over the incision sites.
- Follow-up at the office in 6-10 days after surgery at your scheduled appointment.
- Physical therapy can be beneficial for some and can be started a few days after surgery and continue for 3-6 weeks.
- Return to light duty work can occur in a few days to a couple weeks
- You may take the pain medication we provided as needed to help reduce your discomfort.
- If you are able, acetaminophen or ibuprofen may be used for reducing your discomfort and swelling instead of prescription pain medication.
- Do not drive, operate dangerous machinery or make important decisions if you are taking prescription pain medication.

### **CALL YOUR PHYSICIAN IMMEDIATELY IF:**

- There is excessive drainage from the incision sites
- If you develop a fever >101 degrees
- Severe calf pain
- Nausea or vomiting from the pain medicine
- Inability to urinate normally
- Inability to move your bowels or pass gas after 2-3 days

## MENISCAL (CARTILAGE) TEAR - REHABILITATION EXERCISES

1. **STANDING CALF STRETCH** - Facing a wall, put your hands against the wall at about eye level. Keep the uninjured leg forward and your injured leg back about 12-18 inches behind your uninjured leg. Keep your injured leg straight and your heel on the floor. Next, do a slight lunge by bending the knee of the forward leg. Lean into the wall until you feel a stretch in your calf muscle. Hold this position for 30-60 seconds and repeat 3 times.



2. **HAMSTRING STRETCH** – Sitting on the floor or sofa, extend your legs straight out in front of you and reach out towards your toes. Hold this position for 30 to 60 seconds, feeling a stretch in the back of your thigh. Repeat three times.

3. **STRAIGHT LEG RAISE** - Sit on the floor with your injured leg straight and your other leg bent, with your foot flat on the floor. Move the toes of your injured leg toward you as far as you can, while pressing the back of your knee down and tightening the muscles on the top of your thigh. Raise your leg 6-8 inches off the floor and hold for 5 seconds. Slowly lower it back to the floor. Repeat 20 times.



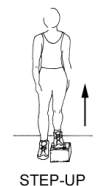
4. **HEEL SLIDE** - Sit on a firm surface with your legs straight out in front of you. Slowly slide the heel of your injured leg toward your buttocks by pulling your knee to your chest as you slide. Return to the starting position. Repeat 20 times.



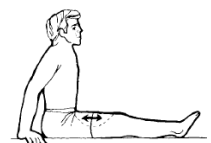
5. **WALL SQUAT WITH BALL** - Stand with your back, shoulders, and head against a wall and look straight ahead. Keep your shoulders relaxed and your feet one foot away from the wall, shoulder width apart. Place a rolled-up pillow or a Nerf ball between your thighs. Keeping your head against the wall, slowly squat while squeezing the pillow or ball at the same time. Squat down until your thighs are parallel to the floor. Hold this position for 10 seconds. Slowly stand back up. Make sure you are squeezing the pillow or ball throughout this exercise. Repeat 20 times.



6. **STEP-UP** - Stand with the foot of your injured leg on a support (like a block of wood) 3-5 inches high. Keep your other foot flat on the floor. Shift your weight on to the injured leg and straighten the knee as the uninjured leg comes off the floor. Lower you uninjured leg to the floor slowly. Repeat 10 times

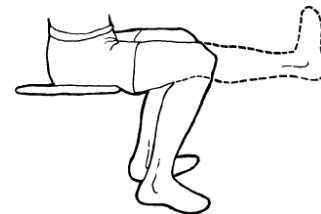


7. **ISOMETRIC QUADRICEPS EXERCISES (QUAD SETS)** - With leg straight, tighten the thigh muscles on top of the leg as tightly as possible and hold. The knee will flatten, and knee cap will move slightly upward. Hold 5-10 seconds, trying every second to pull even tighter. Then relax. Repeat for 3 sets of 10 repetitions 3 times per day.



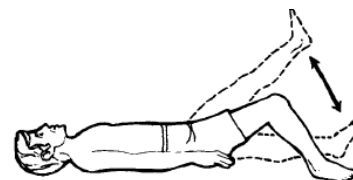
### 6. KNEE EXTENSION

Sitting, straighten knee. Hold for 5 seconds. Lower leg and relax. Repeat for 3 sets of 10 repetitions 3 times per day.



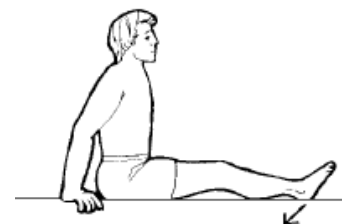
### 8. STRAIGHT LEG RAISE

While lying on back, do quad set (above) then lift leg straight up slowly to about 45°. Holding the tension, lower leg slowly. Then relax. (May bend the other leg.) Repeat for 3 sets of 10 repetitions 3 times per day.



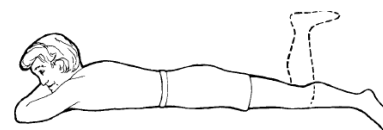
### 9. ISOMETRIC HAMSTRING EXERCISE

Tighten the muscles behind the knee, as if you're going to bend the knee. Dig down with your heel, but do not actually bend the knee. Hold for 5 seconds. Then relax. Repeat for 3 sets of 10 repetitions 3 times per day.



### 10. KNEE FLEXION

Lie face down. Bend knee as far as possible. Then lower leg and relax. Repeat for 3 sets of 10 repetitions 3 times per day.



### 11. TOE RAISING

While standing straight with feet slightly apart, raise up on toes. Hold for 5 seconds. Return to starting position. Repeat for 3 sets of 10 repetitions 3 times per day.

