



Knee Arthroscopy

Thomas K. Comfort, MD

ACTIVITY:

You may begin to bend and straighten the knee as you feel comfortable. Don't force the knee to bend but let it do so using pain as a guide. Try to get your knee straight out on the bed and bending to 90 degrees by your first post op visit. You can also bear weight on the leg and increase the pressure until full weight bearing.

- **Walking:** You may be up and around using pain as a guide. You can put light pressure on the operated leg. As your pain improves, you may increase the amount of pressure on your leg until you are bearing full weight.
- **Crutch or cane use:** Use as needed for balance and support. Discontinue them when able.
- **Driving:** You may drive if you have adequate control over the leg to operate the controls of the vehicle and are off your narcotic pain medication. You should be putting full pressure on the leg with minimal pain. This may take up to 2-3 weeks.

PAIN CONTROL:

Once you get home, get into a chair or bed and elevate the leg. Put ice on the front of the knee for at least 20 minutes on then 20 minutes off. If you do not feel the cold, then unwrap the ace wrap and put the ice closer to the skin.

NEVER put ice directly on the skin as this may cause frostbite. Use the ice pretty regularly for the first 2 weeks and then as needed.

Put a pillow, cushion or other pad under the ankle and let the knee go unsupported twice a day as this encourages the knee to drop into a straight position which helps restore motion. Do not prop the leg up with pillows etc. under the knee. If you find that your leg is sore after you are up for a while, simply get back in bed or a chair, ice the knee down, take a pain pill, and this should settle down. Be as active as your knee lets you. In the first day or so after surgery, take the pain medicine pretty regularly. Don't wait until the pain is real bad as this makes pain more difficult to control. You may utilize an anti-inflammatory such as Advil or Aleve if you feel comfortable enough or for any break through pain.

DRESSING MANAGEMENT:

After 48 hours from surgery, you can take the entire dressing off. At this time, it is OK to shower if there is no drainage from your incisions. **Do not take a bath or soak your leg.** Do not remove your sutures. You may put pressure on the leg in the shower. Pat the knee dry with a clean towel. Get some gauze pads from the drugstore and put them on the incisions. Then cover it up with the ace wrap.

PHYSICAL THERAPY:

Formal physical therapy is not necessary immediately after surgery unless directed by Dr. Comfort. This will be reassessed and ordered if necessary at your post-operative appointment depending on how you are progressing and the surgery itself.

Any concerns after surgery should be directed to our office M-Th 7:30-5:00, F 7:30-4:30. Evenings and weekend we have an on-call physician at 651-439-8807 and Orthopedic Urgent Care located at:

High Pointe Health Campus
8650 Hudson Blvd.,
Suite 100
Lake Elmo, MN 55042

Any questions, please do not hesitate to contact our office.

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