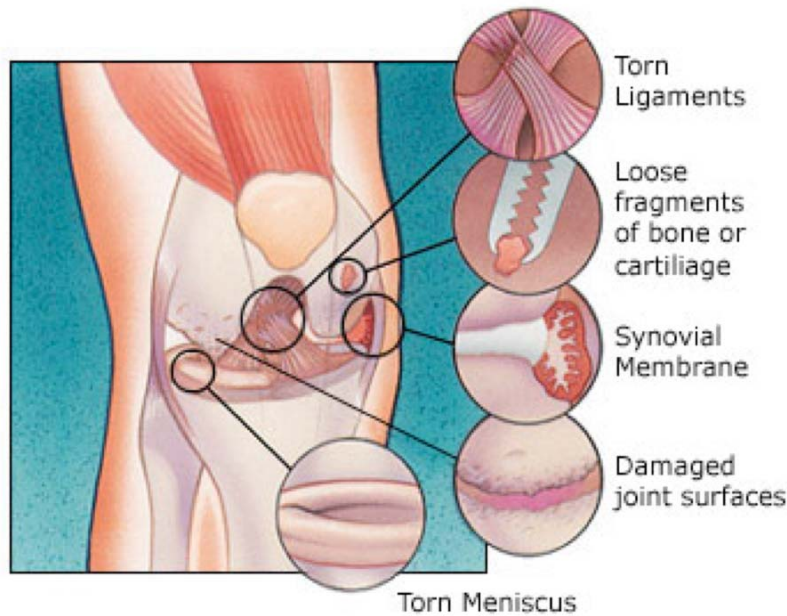




College Park Family Care Center, P.A.

Orthopedic Surgery

KNEE ARTHROSCOPY



Pre-operative Instructions

- **Do not eat or drink after midnight the night before surgery.** This includes chewing gum, candy and mints. No smoking or tobacco products.
- You will need to obtain crutches if you don't already have them. Bring them with you the day of surgery.
- Stop all blood thinners 1 week prior to surgery, unless directed otherwise. This includes Coumadin, Aspirin, Anti-inflammatories such as IBU ,Aleve or Celebrex. You may use acetaminophen for pain.
- Stop all herbal supplements 1 week prior to surgery.
- Plan to spend approximately 2-4 hours at the surgical facility.
- Arrange for someone to drive you home and stay with you through the night.
- The Surgi Center will call you 2-3 days prior to surgery.

Post-operative Instructions

- To decrease swelling, elevate your leg above heart level whenever you can. Pointing and flexing your foot as well as doing ankle circles will help with swelling also. If your knee swells it may cause the ace bandage to become too tight, causing swelling in the ankle. You may unwrap the ace bandage, then re-wrap so that it fits snugly.
- You will have a polar-care unit incorporated into your dressing. It uses continuous flow of cold water passing through a pad over your incision to provide comfort and reduce swelling. Use this continuously for the first 48 hours and then as frequently as needed for comfort. You should also plan to use the polar care after formal physical therapy.

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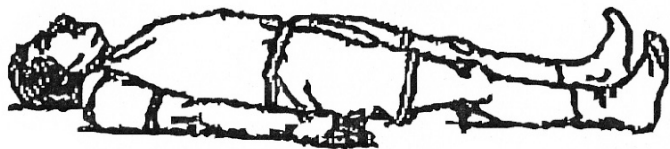
Knee arthroscopy continued.

- Keep dressing on and dry for the first 48 hrs, then remove dressing and shower. You will follow up with Dr. Gurley's Physician Assistant, Jenny Cummings at 5-7 days post op. If you do not already have a scheduled appointment, please call our office at 913-469-6447.
- Use your crutches to get around as needed.
- Take the anti-inflammatory medication as prescribed to you. Once you have finished the prescribed medication, replaced it with 2 Aleve in the morning and 2 at night or IBU 800mg 3 times a day.
- Take the pain medication on an as needed basis only. Be aware that a common side effect of some pain medications is constipation. It is important to remain well hydrated and include fiber in your diet. You may use an over the counter stool softener or laxative if necessary.
- Start slowly with your diet, progressing from clear liquids to a regular diet. Avoid heavy or greasy foods for the first 24 hrs.

Do range of motion exercises listed below as soon as you leave the recovery room and continue to do them 3 times a day until your first post operative appointment.

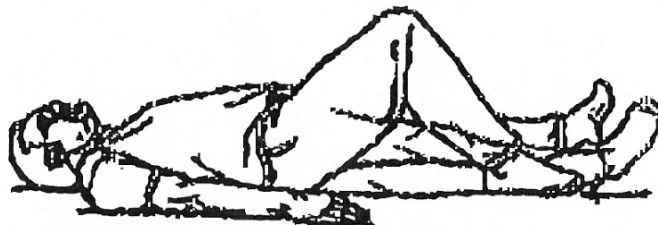
1. QUAD SETS

Tighten front thigh muscle (quadriceps) by trying to push the back of the knee to the floor. Repeat 25 times 3 times per day.



3. HEEL SLIDES

Go ahead and BEND your knee; it will get stiff if you keep it straight all the time. You may do heel slides, or sit in a chair and let your knee bend. Do this 15 times 3 times per day.



2. STRAIGHT LEG RAISES

Tighten your thigh muscle and lift your leg 8-12 inches. Hold 4-6 seconds. Slowly lower your leg. Repeat 10 times 3 times per day.



4. KNEE EXTENSION

Push your knee gently to the floor and hold for 5 seconds. Repeat 10 times 3 times per day.

