

Dr. Jothi Murali-Larson
SMART Orthopaedic Surgery
Knee arthroscopy
Postop Instructions

Dressing:

You may remove the dressing in 2 days. Keep the incisions clean and dry.

You may shower once the dressing is removed. Pat the incisions dry after and keep covered with bandaids.

Do not submerge the incision or take a bath.

Ice:

Follow the instructions for the cooling cuff if you have one, or use bags filled with ice. You should ice the knee as much as possible in the first week.

Ambulation:

You may walk without crutches, and may walk short distances for every day activity.

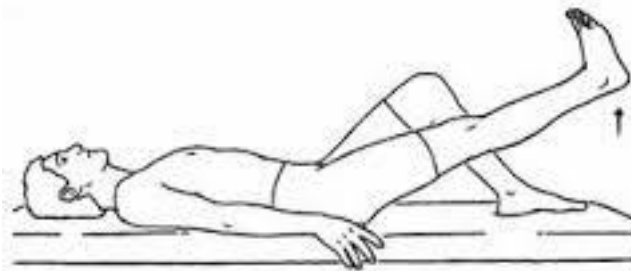
Exercises:



1. Ankle pumps:

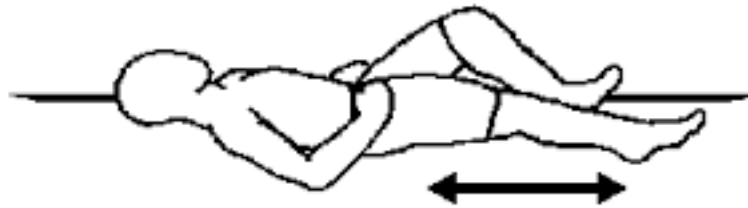
Move your foot up and down, as if you are pumping on and off the gas pedal. This exercise helps circulate the blood through your calf.

2. Straight leg raises:



Raise your leg straight up in the air, hold for 1-2 seconds, and lower down. This exercise helps strengthen your quadriceps.

3. Heel slides:



Bend your knee and slide your heel towards your buttock. This exercise will help you regain motion and buttock strength.

Do each of these exercises as a set of 10, 3 times a day.

Elevation:

When you are resting, keep your leg elevated on pillows.

Pain control:

You will be provided a prescription for pain medication which you may want to take for the first 2-3 days. Over the counter medication such as ibuprofen (Advil or Motrin) or Tylenol may be sufficient. You may also be provided with a prescription for an anti-nausea medication.

Postoperative appointment:

You should have an appointment scheduled with Dr. Murali in 7-10 days. You will be called by both the surgery center and the office on the day following surgery (or Monday if your surgery is on a Friday) to see how you are doing and if you have questions. Your postop appointment will be confirmed at that time as well.

Questions?

Please call the office at 408 364 1673.