



# all american orthopedic & SPORTS MEDICINE INSTITUTE

## **Post Op Arthroscopy & Subchondroplasty Knee Instructions**

### **BANDAGES & DRESSINGS:**

- Keep dressing clean, dry and intact:
  - Cover extremity with taped cast/trash bag when showering
  - Do not submerge in water (no pools, hot tubs, etc)
- Leave on dressing until the 3 days post operatively.
  - If incisions continue to drain, replace with dry dressings
  - If incisions look dry, replace dressing with water proof Band-Aids
- Follow up appointment 2 weeks.
  - To schedule a follow up, call the office at (281) 335-1111
- You may loosen the ace bandage if too tight
- You may ice through your dressings

**WORK/SCHOOL:** You may return to work or school 3 days after surgery

### **TIPS TO CONTROL YOUR PAIN**

- Keep your leg elevated above your heart
- Use ice or cryotherapy consistently—20-30 minutes several times each day
  - Be sure to take breaks from the cold
- If health history allows, you may take anti-inflammatories - Ibuprofen (Advil, Motrin), Naproxen (Aleve) with your Narcotic pain relievers
  - Be sure to take with food.
- Drink plenty of water and walk frequently to avoid constipation and blood clots

### **Blood Clot/ Deep Venous Thrombosis (DVT) Prevention**

- A blood thinner like Aspirin, Xarelto, Eliquis, or Lovenox will be prescribed for you. It is important to complete your regimen for 6 weeks. If you are already on a blood thinner, you may continue your prior medication
- You may have Sequential Compression Devices (SCDs) ordered for you after your procedure. Be sure to follow directions to prevent blood clots as you may be limited especially after surgery.

### **PHYSICAL THERAPY**

- You should only put half your weight on the leg. Ambulate with crutches or a walker
- A prescription may be provided to you for physical therapy today.
- Please contact the office and let us know where you have decided to pursue therapy to ensure your therapist and surgeon are working together to accomplish your goals.

If you have received a Continuous Passive Motion (CPM) Machine, use the following protocol

Day 1: 0-60° for 30 minutes

Day 2: 0-70° for 1 hour in the morning, 0-80° for 1 hour in the evening

Day 3 and forward: Increase 10° twice daily until you have comfortably reached 120° for 2 full days.

You may send the machine back once you have reached this goal.

When you are ready to return you CPM Machine or if you have any questions call CPM Representative

\*Meniscal repairs are limited to range of motion from 0-90°

If there are any questions or concerns, please do not hesitate to contact me.

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