

**Jason Stanford, DO  
516 S. Division St. Ste 125  
Cedar Falls, IA 50613  
319-268-3535**

## **PATIENT INFORMATION**

### **Knee Arthroscopy**

#### **DAY OF SURGERY:**

You will be taken to a “holding area” just prior to surgery.

During surgery, an arthroscopy is performed to assess the entire knee joint. Generally two small (4-5 millimeters) portal incisions are used. Occasionally a third portal is necessary. There will be one small suture placed in each portal site. These will be removed at the first post-operative doctors visit.

#### **POSTOPERATIVE ROUTINE:**

1. In recovery room your leg will be in an ace wrap. Frequent icing is encouraged (i.e. every hour or two for 30 minutes at a time).
2. Pain medication is available as you need it. Prescription(s) for pain medication will be given to you prior to discharge. Take the medicine as directed. Most often you will also be given an anti-inflammatory medicine for swelling.
3. You should begin bedside exercises working on your range of motion (ROM) and strengthening as soon as possible. Foot pumps (stepping on the gas pedal) and quad sets (flexing your thigh muscles) should be started on the day of surgery. The more frequent – the better!
4. Weight-bearing is usually as tolerated. For specific treatments, such as meniscus repair (as opposed to meniscectomy or debridement) your weight bearing will be restricted. If you have not heard otherwise, you may put as much weight on your leg as is comfortable.
5. In general, it is advisable to elevate your leg (both the knee and foot above the level of your heart while lying) and ice your knee frequently during the first 48 hours. Icing is usually for 30 minutes several times per day (every hour or two) while awake.
6. You should be trying to actively straighten your knee. You can try with a pillow under your foot or ankle (not under your knee). Also, as soon as possible, you may try to bend your knee. This is most easily done by allowing it to be dangled over the edge of the bed.
7. Your dressing should be kept dry during the first 48 hours. After this the dressing can be removed. You may place band-aids over the portals if this is more comfortable. It is not uncommon, with the amount of arthroscopy fluid used, to notice some drainage into the dressing. Do not be alarmed by this. A very small amount of blood can appear to be extensive because of the dilution by the arthroscopic fluid. If the entire dressing becomes saturated within the first 48 hours notify the physician’s office.

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8. Once the dressing is removed you may shower. The knee may get wet, but do not soak your knee or scrub the portal incisions. Please do not apply any ointments to the incisions.

**PRECAUTIONS:**

1. On occasion, you may develop a low grade fever. This is not uncommon. We need to hear from you if the fever is more than 101°.
2. Bruising may occur on both sides of your leg, which is a result of the surgery.
3. If your calf should become reddened and painful, please call the Doctor's office.

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