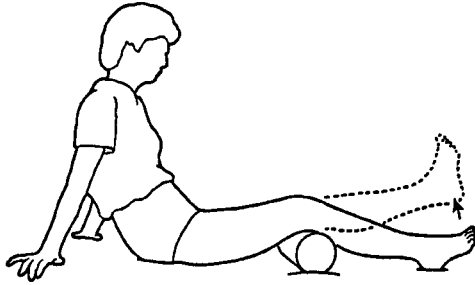


## 2. Inner Range Quads:

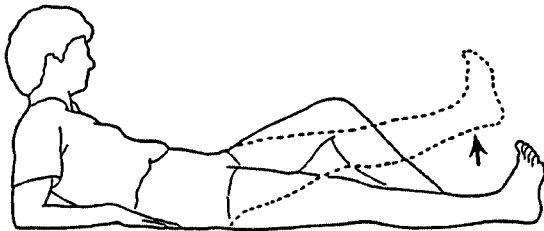
Make a roll of towels about 6 inches (15 cm) thick, and place under your knee. Straighten your leg. Hold for 5 seconds, then relax.



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## 3. Straight Leg Raises:

First, bend the knee not operated on to reduce stress on your lower back. With your straight leg, tighten your knee muscles and lift your leg 6 inches (15 cm) off the floor. Slowly lower your leg and relax.



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## Call your doctor if any of the following occurs:

- the surgical area starts bleeding and it does not stop with putting pressure on the area for 10-15 minutes
- your foot feels numb, cool, or changes colour
- your knee becomes red, very swollen, warm to the touch, excessively painful, or you have greenish coloured drainage.
- you develop a fever 38.5°C (101.3°F) by mouth



**The Delta Hospital  
5800 Mountainview Blvd.,  
Delta, BC V4K 3V6**

*This pamphlet is meant to provide you with health information. It does not take the place of services supplied by a healthcare professional.*

Special Acknowledgement to  
Richmond General Hospital



fraserhealth

# Knee Arthroscopy

## Next Doctor's Appointment

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## Additional Information

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## When you go home after surgery

### Wound Care

It is normal to have some swelling, numbness, or bleeding around the knee. It may also feel stiff and sore.

Keep your leg elevated with pillows when you are sitting or lying down.

Ice the knee for 15-20 minutes, three times a day. Remove the tensor bandage and put one ice pack under your knee. (Bags of frozen peas or corn work very well. They can be re-frozen and used again and again. *Do not eat food which is thawed and refrozen.*)

If the surgical area begins to bleed put pressure on the area for 10-15 minutes. Call your doctor if it does not stop within 15 minutes.

Remove and re-wrap the Tensor bandage:

- for daily washing
- when you ice your knee
- if it feels too tight
- if you feel numbness or tingling in your foot

### Keep you dressing dry

Remove the dressing on the third day after surgery. Leave the other small paper tapes in place.

### Activity

You may walk on your operated leg, unless instructed otherwise. Walking will not damage the surgical area.

If you need extra support, purchase a cane or crutches from the hospital, or rent them from the Red Cross, a pharmacy, or medical equipment and supply store.

Increase your activity *gradually*. Avoid doing too much too soon, ask your doctor when you can return to your regular activities.

### Bathing

Sponge bath while you have your dressing on.

You may have a shower on the third day, when your dressing is off.

Do not soak the surgical area in a bath for at least two weeks after your surgery.

### Pain Management

You may have some pain after you go home. Your pain will gradually decrease over time as healing occurs. You may need to take some pain medication so you can sleep and move comfortably. Your doctor will give you a prescription for pain medication. Fill this prescription on your way home.

Many patients ask: “*When should I take my pain medications?*” Take the medication when you get home and regularly for the next 48 hours as prescribed by you doctor. After this,

take the medication, as you need it. Most pain medications work best if you take them before the pain becomes too strong. If you find that you only have pain when doing certain activities, such as walking or doing knee exercises, you should take the pain medication about 30 minutes before the activity.

Some medications, such as Tylenol #3™, are constipating. You may need to change your diet to prevent constipation.

Do not worry about becoming addicted to your pain medication. People only become addicted to pain medication if they take their pain medication for reasons other than to control pain.

### Knee range-of-motion exercises

Every hour while you are awake, wiggle your toes, move your foot around in a circle, and bend and straighten your knee. These exercises will improve circulation in your leg and help prevent blood clots.

These three exercises will help strengthen your knee muscles. Do each exercise 10 times, and do the whole set three times a day. Ice your knee after you finish the exercises.

#### 1. Isometric Quadriceps (Quads):

Tighten the knee muscles by pressing the back of you knee onto a flat surface. Hold for 5 seconds, then relax.