



CHRISTOPHER LYONS, M.D. SPINE SURGERY | JOINT REPLACEMENT | ARTHROSCOPY

JOHN MANTA, M.D. SPORTS MEDICINE | ARTHROSCOPY | JOINT REPLACEMENT

BONNIE NYE, M.D. SPORTS INJURIES | SPORTS CONCUSSIONS

KNEE ARTHROSCOPY INSTRUCTIONS

1. After surgery your leg is wrapped in a bulky dressing. This dressing may become blood stained after surgery. You may remove the dressing 48 hours after surgery and replace it with Band-Aids over your sutures. At this time, you may shower. After a shower pat the area around the sutures dry and replace the Band-Aids.
2. A strong pain medication has been prescribed for you. Ice and elevation are important adjuncts to this medication. Use ice for 20 minutes an hour as necessary for comfort. To elevate your leg, lie down flat and elevate your leg ten inches above the level of your heart.
3. A fever may be present the first few days after surgery. This is not cause for alarm. You may take Tylenol to decrease the fever. If you have persistent fever, redness, swelling, tenderness or drainage about the puncture sites please contact me.
4. Crutches will be prescribed for you. If so please use them until you are walking normally. Unless otherwise instructed, you are encouraged to place weight on your leg as you feel comfortable.
5. Please call 610 280-9999 to schedule your post surgery appointment 10 - 14 days after surgery. Your sutures will be removed at this time.
6. To facilitate your post surgery recovery, exercises should be performed starting the day after surgery. Repeat each exercises ten times three times a day. These exercises are:

QUADRICEPS SETTING: Tighten the muscles in the front of your leg by making the knee stiff and pushing the back of your knee into your bed. Hold this for ten seconds.

STRAIGHT LEG RAISE: Lay down flat and tighten the muscle in the front of your leg, then lift the operated leg up off the bed six inches repeat 10 times.