



David B. Cohen, M.D. / Sports Medicine, Knee, Shoulder and Elbow Surgery / 203-407-3518

Instructions For: Knee Scope

Prior to Surgery

We require pre-admission testing by your family physician within 30 days prior to surgery. We must have the results in our office at least 10 business days before surgery. Fax number 203-407-3558, attention Regina.

On the day prior to surgery, you must call the surgical center at 407-1500 to find out your arrival time for surgery. This is usually two hours prior to surgery, in order to admit you, shave your leg before surgery, etc.

****Please do not shave your own leg, as this may increase bacterial growth on your skin.****

Day of Surgery

It is a good idea to wear loose fitting clothing or shorts to the Surgical Center. Your family may wait with you until you are taken to the holding area. I will see you prior to the procedure, answer any questions, and place my initials on the correct leg. You will be in the recovery room for about 30 minutes after your surgery.

After Surgery

In the operating room, your leg will be lightly bandaged with an ace. I have injected local anesthesia (ie., Novocain) into the knee during the surgery. This will last 4-6 hours and then the pain will usually become worse. Plan ahead with your pain medications. Remember, it takes up to 1 hour for the pain medication to start working. Don't get behind!

Your I.V. will be taken out in the recovery room after you have successfully emptied your bladder.



We want you to begin physical therapy approximately 3-7 days after surgery. We work closely with Star Physical Therapy, but if no office is convenient, check with your insurance provider for other facilities that are covered. You will be going to physical therapy 3 times per week for 4-6 weeks after your surgery. You should get a prescription for PT from Regina and arrange for your post-op PT BEFORE your surgery. It is helpful to book your PT dates for several weeks ahead to assure a place in their schedule.

It is also important for you to be doing your exercises on your own to help rebuild the strength and function of your knee. Do them three times daily.

- * Perform bedside exercises in order to increase your range of motion and strengthen your quadriceps and hamstrings.

- * Lift your operative leg with your good leg behind your ankle and move to a seated position at the side of your bed.

- * Perform active (using your muscles) flexion (bending) of the knee, and passive extension (straightening) of the knee to zero degrees (straight)

- *Sitting on the floor or a firm bed, place a rolled towel beneath your ankle and push the back of the knee towards the ground in an effort to obtain a completely straight leg. Hold for 15 seconds and repeat.

- * Quadriceps sets: Tighten your quadriceps muscles with the knee straight. Lift the leg off the bed holding it straight. Repeat this 15 times. Do 3 sets of 15.

A prescription for pain medication (usually vicodin) and an anti-inflammatory (usually Naprosyn) will be given to at your pre-operative visit. The anti-inflammatory should be taken as directed for 10-14 days. Then pain medication should be taken on an as-needed basis.

My assistant Regina will make your post-operative appointment for you. If you are unsure about this, please call the day after surgery.



At Home

Change the dressing three days after your surgery. The small arthroscopic incision sites with steri-strips across them may be left open to air, but do not remove the steri-strips over the small holes (x configuration). Please do not use any ointments under your dressing. You may cover the incisions with plastic wrap and tape or water-proof band-aids when showering until you are seen in our office.

You will be using crutches for 4-7 days. You may bear partial weight (about 50% of normal on the leg) for the first 4-7 days, then progress to full weight bearing. This is to avoid flaring up the knee by doing too much too soon. This can result in a swollen and painful knee.

With a pillow under the foot, work on extending the knee until it is fully straight.

Try to use ice or the ice packs as much as possible, especially after the exercises. When in bed, your leg should be straight with a pillow under your foot or ankle. **(NEVER BEHIND YOUR KNEE)**

Miscellaneous Information

Over the next 7-10 days, the swelling and bruising may extend down towards your calf and ankle. Please do not become alarmed.

It will help you if you elevate your leg at the end of the day.

Please feel free to call our office with any questions or concerns.