



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

Instructions For: Knee Arthroscopy

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 ten 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 Hospital, the brace you will be wearing does not fit under snug pants. 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.

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 from 0-90 degrees, and extension (straightening) of the knee to zero degrees (straight) (USE YOUR NON-OPERATED LEG TO STRAIGHTEN THE OPERATED LEG)

- *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: Isometric contractions with the knee straight. Keeping your leg locked straight, lift it off the bed approximately 2 feet and then lower it slowly back down. Perform 3 sets of 10 repetitions 4 times per day.

You may get on an exercise bike and work on making full turns of the pedals.

Pain medication will be given to you in the recovery room or at your pre-operative visit. It will be the same medication that you will go home with.

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 two 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 on your incisions. You may cover the incisions with plastic wrap and tape or waterproof band-aids when showering until you are seen in our office. (Be sure the sticky part of the bandaid does not touch the steri-strip). (Suggestion: Tegaderm transparent film dressings work very well.)

You will be using crutches for 3-4 days. You may put approximately 50 lbs of weight on the leg (use a scale) and then progress to full weight bearing over 3- 4 days.

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

There may be a small amount of bleeding and/or fluid leaking at the site. This is normal as the knee is filled with fluid during the surgery, sometimes causing leakage for 24-36 hours. You may need to change or reinforce the bandage as needed.

It is normal to have increased swelling and bruising on days 1-3 compared to the day of the surgery. The swelling is decreased by using the anti-inflammatories, ice and elevating the leg.

As your knee heals, it is normal to have small, mildly tender prominences (bumps) at the portal sites where the scope went into your knee. This is scar tissue and will resolve over the first 3-4 months.

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

Best wishes for a speedy recovery.

- Dr. Cohen