



Robin M. Gehrmann, MD

## KNEE SCOPE FAQ'S

(Frequently Asked Questions) after Knee Arthroscopy

**Can I take a shower?** At 72 hours from surgery, you may take a shower, and the leg may get wet. **DO NOT REMOVE THE BUTTERFLY TAPES UNTIL 14 DAYS AFTER SURGERY.** You may either sit on a chair or steady yourself with handrails. No immersion in water is allowed for 14 days post-op. This means - No soaking the leg in a bathtub, hot tub, whirlpool, or swimming in the ocean / pool.

**Can I Drive?** If surgery was performed on your left leg and you drive an automatic transmission car, you may drive within 2-3 days of surgery as long as you are not taking the narcotic pain medication. If you had surgery on the right leg, or drive a manual transmission, you may drive once you have adequate strength in the leg. This usually occurs between 10 and 14 days post-op. We recommend that you test your driving ability in an empty parking lot with supervision until you determine whether or not you can drive safely.

**When do I start therapy?** Therapy should begin after your first post-operative visit. You should call for an appointment immediately after your first post-operative visit. Therapy can be done anywhere that is convenient and paid for by your insurance. A list of facilities is available.

**Do I need crutches?** **UNLESS INSTRUCTED OTHERWISE** - we encourage full weight bearing immediately post-op. This means you may put **FULL WEIGHT** on the leg. **YOU DO NOT NEED CRUTCHES.** We prefer that you put weight on the leg to maintain strength and to encourage healing to occur. If you need crutches to steady yourself, this is fine.

**Do I need pain medication?** Most patients use the Percocet for the first few days after surgery. Most patients change over to Tylenol or Advil during the first 7-10 days. Some patients require pain medication for longer periods of time.



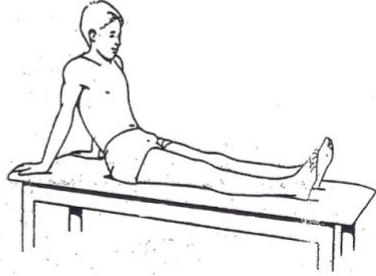
**My leg hurts! I thought I'd be better right away!** Most people's expectations following a knee scope are that they will be back to normal within a day or two. This is not what most people experience. Although some people feel much better right away, many people notice they are not back to normal for 4 weeks or more. This is especially true for those who have "wear and tear" and degenerative findings. The knee is swollen and sore for several weeks. Don't judge the effectiveness of the surgery until you have given the knee ample time to recover from the surgery.

**How long until I can do my normal activities?** Common sense is the rule. In most cases, you cannot damage the knee by doing too much, however, you CAN make it hurt and swell. If you do something that makes it hurt and swell, don't panic. You probably overdid it a little. Use ice and rest the knee.

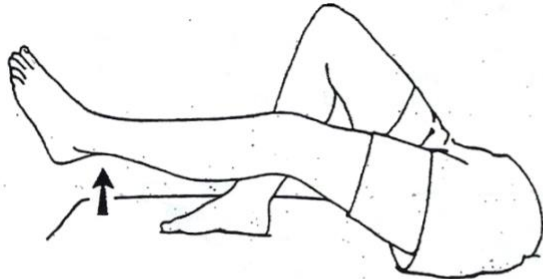
**What should I worry about?** The most serious complication that can occur after arthroscopy is a blood clot in the calf. This is easily prevented if you avoid lying in bed for days after surgery and instead walk around a little. Some muscle soreness in the calf is normal because you are walking in an unusual way following surgery. You'll know you may have a clot if you have swelling in your whole leg, redness and exquisite tenderness in the calf. This complication is rare, but should be taken seriously. Increasing pain or numbness are concerning as well, these can be signs of increasing swelling or a compartment syndrome, this is an emergency and the office should be called immediately. As always - if you are concerned call the office.

**When will my appointments be?** Routine post-op appointments occur at 7-14 days after surgery and then at 4-6 weeks after surgery.

**Can I get a note for work or school?** Notes for missing work or school are available upon request

<p>Only perform these exercises as instructed by our office. If there are any questions concerning your exercises please contact us.</p>	<p><b>Kneecap Movement</b></p>  <p>Using both hands, move your kneecap up and down 30 times and back and forth 30 times. Repeat 1 time. Do 2-3 sessions per day.</p>
<p><b>Knee Range of Motion</b></p>  <p>Using your hands or a towel around your heel, gently bend your knee upwards until a stretch is felt. Hold for 10 seconds then straighten the knee for 10 seconds. Repeat <u>10</u> times per set. Do <u>1</u> sets per session. Do <u>2-3</u> sessions per day.</p>	<p><b>Quadriceps Sets</b></p>  <p>Squeeze your buttocks together and tighten the muscles on the top of your thighs by pushing your knees down into the surface. Hold 10 seconds. Repeat <u>10</u> times. Do <u>2-3</u> sessions per day.</p>

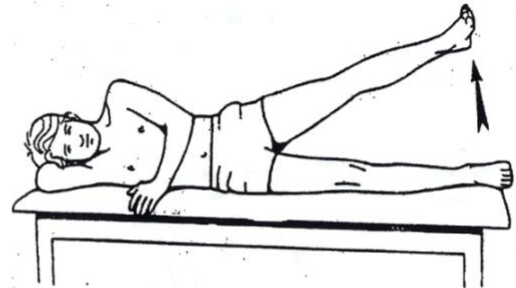
**Straight Leg Raise**



Lie on your back with your other leg bent. Tighten the muscles in the front of your involved thigh. Keeping your leg straight, raise it 6 - 8" off of the table, hold for 1-2 seconds and then slowly lower it.

Do 3 sets of 10 reps. Rest 30 seconds in between sets. Do 2 sessions per day.

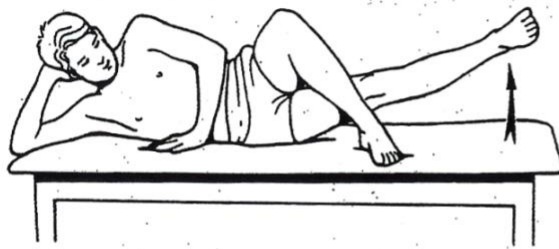
**Side-Lying Hip Abduction**



Lying on your non-involved side, tighten the muscles on the front of the thigh, then lift your leg 8-10 inches from the surface. Hold 1-2 seconds and then slowly lower it.

Repeat 3 sets of 10 reps. Rest 30 seconds in between sets. Do 2 sessions per day.

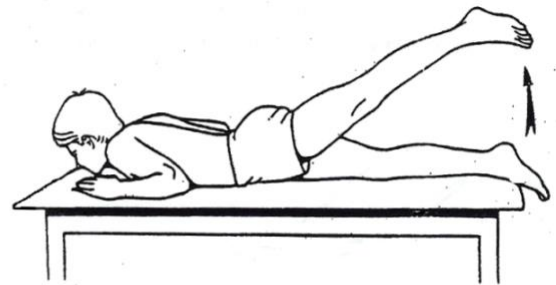
**Side-Lying Hip Adduction**



Lying on your involved side, tighten the muscles on the front of the thigh, then lift your leg 2-4 inches from the surface. Hold 1-2 seconds then slowly lower it.

Repeat 3 sets of 10 reps. Rest 30 seconds in between sets. Do 2 sessions per day.

**Prone Hip Extension**



Lying on your stomach, tighten the muscles on the front of the thigh, then lift your leg 8-10 inches from the surface, keeping the knee straight. Hold 1-2 seconds and then slowly lower it.

Repeat 3 sets of 10 reps. Rest 30 seconds in between sets. Do 2 sessions per day.



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