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Adam G. Suslak, MD
Post-operative Knee Arthroscopy

Wound Care

You may remove your ACE bandage and dressing three days after your surgery. Your incisions will be covered with steri-strips or visible sutures. If the steri-strips do not fall off on their own after two weeks, you may remove them yourself. You are to wear your white compression stockings (TED hose) for two weeks after your surgery to help prevent blood clot formation.

Be sure to watch for signs and symptoms of infection after surgery, which includes: redness, increased swelling, warmth, wound drainage, or fever greater than 101.5 degrees. If you notice any of these signs and symptoms please notify Dr Suslak.

Showering

You may shower, but be sure to keep the surgical sites dry. Recover incisions with bandaids after removing dressing. Remove stockings to shower and replace immediately after drying off. **DO NOT** immerse your incisions under water: No baths, swimming, or hot tubs for at least three weeks after surgery.

Ice

Ice will provide comfort, decrease swelling, and help with pain control for the first week following surgery. Please ice your knee three to six times a day for up to 20 mins at a time using a large bag of crushed ice. To avoid frostbite, place a towel between the ice and your skin.

Activity

- **For routine knee arthroscopy**, you will be given crutches or a walker following surgery. You can stop the crutches or walker 1-2 days after surgery when you feel more comfortable
- **For meniscal repair**, you will use crutches for six weeks with protected weight bearing.
- **For microfracture surgery**, you will use crutches for six weeks with non-weight bearing.
- **For ACL reconstruction surgery**, you may be asked to partially weight bear on your operative leg using crutches for two to four weeks after surgery. You may also be prescribed a knee brace by Dr. Suslak. The brace will be locked in full extension when ambulating for two weeks then unlocked. You may discontinue your brace when instructed by Dr. Suslak or as detailed in your Physical Therapy protocol. You may be allowed to unlock the brace for flexion and extension of the knee after surgery. You will need to ask Dr. Suslak to confirm specifics.
- **For more complicated procedures**, Dr. Suslak will specify instructions.

Exercises

- **Straight leg raises:** Raise leg 12 inches off a bed, chair, or couch. Hold in position for a count of 10 seconds. Do 10 repetitions, five sets per day.
- **Knee bends:** Lying on your back, keeping your leg straight, lift your leg towards your face. Slowly bend your knee until you reach 90 degrees of flexion, while supporting the back of your knee with your hands. Then, slowly straighten your leg back out. Do 10 repetitions, five sets per day.
- **Quad sets:** Sitting with your leg straight, pull your toes toward your nose to the floor ('pushing on the gas pedal') and pulling your toes toward your nose. Do 30 repetitions, five sets per day.

Stationary Bike

You may begin to gently ride a stationary bike with no resistance for 10 minutes per day starting a week after surgery. Slowly increase the time by two minute increments daily. In certain circumstances, Dr. Suslak may specify that you may use it sooner.

Physical Therapy

You may be prescribed Physical Therapy to start immediately following surgery. There is a standard protocol that you will follow with your therapist. In certain circumstances, Dr. Suslak may recommend that you only do the exercises on your own.

Medications

Take as prescribed. **Narcotic pain medication:** Norco (hydrocodone) or Percocet (Oxycodone) is used for severe pain. It can be taken up to every four hours as necessary. Most patients only require these medications for the first week. Once pain is better, you may simply take extra strength Tylenol or over the counter anti-inflammatory medicine.

You will also be asked to take Aspirin 325 mg twice a day to prevent DVT (blood clot).

Take these medications with food. If you have any problems with taking these medications, please stop them immediately and notify Dr. Suslak.

Driving

For right knee ACL surgery, you will likely return to driving around four-six weeks after surgery. For left knee ACL surgery, you may return to driving one to two weeks after surgery. **DO NOT** drive while taking narcotic pain medications.

Follow-up

Your initial follow-up visit will be scheduled by the surgical scheduler. If you have any questions, concerns, or problems between office visits, call our office at 518-453-9088.