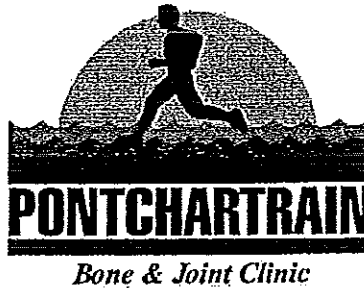


105 Plantation Road, Ste 110
P.O. Box 1270
Destrehan, LA 70047
504-764-3001



#21 Doctors Row
3939 Houma Blvd
Metairie, LA 70006
504-885-6464

Postoperative Instructions for Knee Arthroscopy

1. Keep your leg elevated at or above chest level as much as possible for the first 36 hours. After this initial period, you should elevate on an as needed basis to reduce persistent pain and swelling.
2. Unless instructed otherwise, you may begin ambulate as tolerated with crutches (or walker). As your postoperative symptoms improve, you may gradually resume normal walking without the use of assistive devices.
3. Blood-tinged drainage can be expected. Fluid is pumped into the knee during the entire procedure, so it is normal for your incisions to drain. The incisions may drain for up to 2-3 days. Please notify the office if you feel there is excessive bleeding.
4. You may change the bandages on the 2nd day after surgery. There will likely be small strips of tape (steri-strips) over the incisions. Leave these in place. If the steri-strips come loose, clean the wounds with hydrogen peroxide and apply band-aids.
5. Avoid getting your bandages wet. Avoid taking a shower or bath if you are unable to keep the bandages dry. You will likely be allowed to bathe after your 1st visit after surgery.
6. Multiple exercises have been provided on the following sheets. Unless instructed otherwise, begin the exercises as soon as your symptoms allow. As your symptoms improve you will be able to accomplish more. Postoperative exercises are essential for an optimal outcome.

7. A prescription for pain medication has been provided. Some side effects are seen with pain medication. Possible nausea may be prevented by taking medication with food. Drowsiness may be another side effect. Do not drive while taking pain medication. If you experience excessive pain despite ice and medication, call the office. You may need to return to the Emergency Room for evaluation and treatment.
8. If you have a temperature above 101°, redness around your incision, or yellowish drainage from your incision, call the office.
9. If you develop any unexpected problems after your discharge, please call the office.
10. If a postoperative visit has not been scheduled for you, please call the office to schedule a visit at 7-10 days after your surgery.

Thank you for your cooperation with these important instructions.

Kindest regards,

Charles Haddad Jr MD

Additional Instructions:

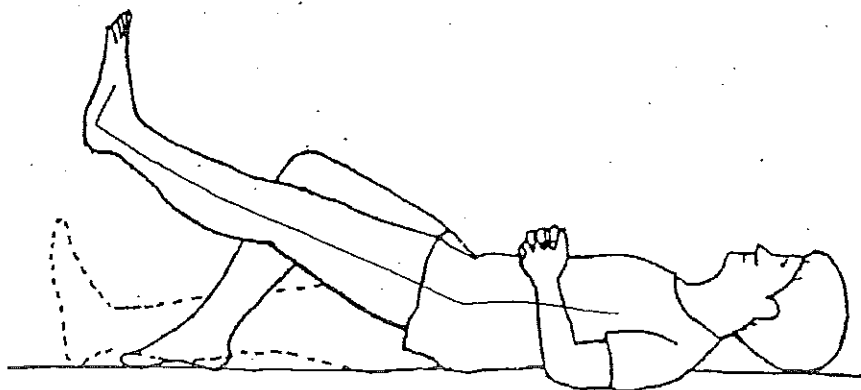
PHYSICAL THERAPY

Physical therapy is essential for a full recovery and successful surgery!

- Move your ankle up and down frequently throughout the day, at least 25 times per hour. This will help prevent swelling and blood clots.
- Work on your exercises in physical therapy and at home *every day* for the amount of time instructed.

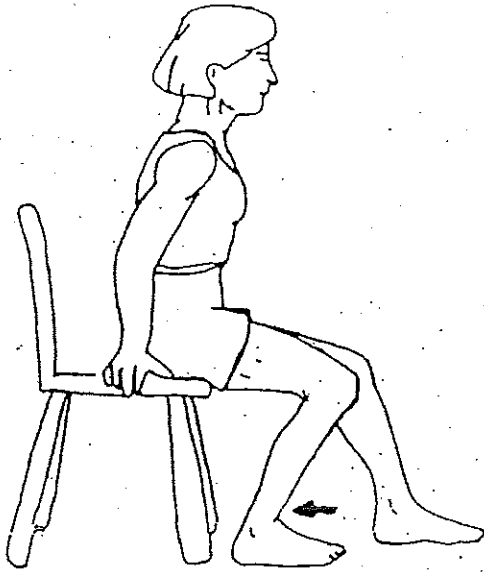
Exercises for you to do:

1. **Quad Sets** - this means to tighten the top thigh muscle, hold for 3 seconds and relax.
DO THIS THROUGHOUT THE DAY! You can not do this too much!
2. **Straight Leg Raises** - This exercise is done to strengthen the anterior thigh or quadriceps muscle. With the leg as straight as it will go, toes and foot are pulled back toward the knee. The knee remains straight during the exercise. Contract the anterior thigh or quadriceps muscle and raise the leg 6 inches off the bed. The leg is then slowly lowered back to the bed. Once on the bed the thigh muscle is relaxed. This exercise is repeated for 3 sets of 10, 3 times per day.



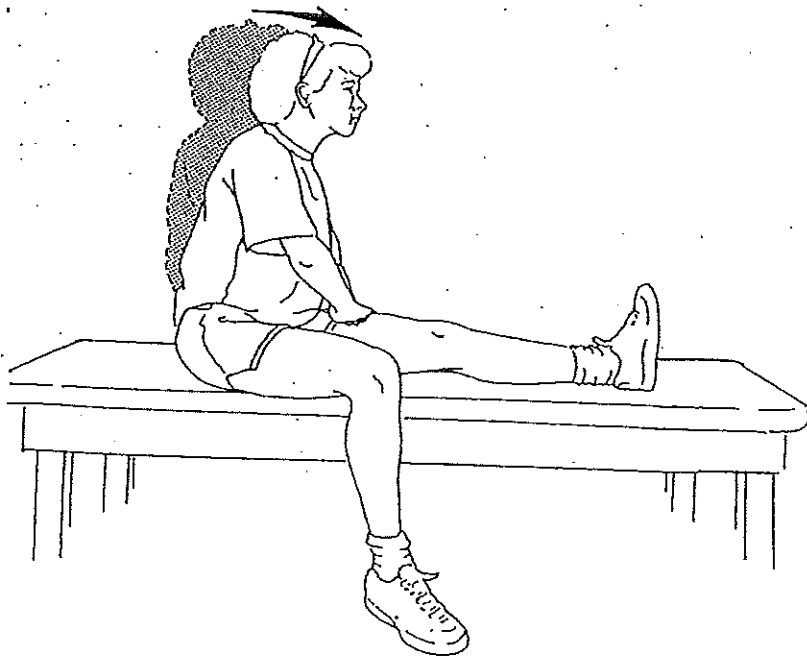
Straight
Leg
Raises

3. **Floor Slides** - Sit on the edge of a chair, pull your foot back as far as possible, using your "good" leg if necessary. Hold for a few seconds then slide the heel down. Repeat this 5 – 10 times 5 times per day.



**Floor
Slides**

4. **Hamstring Stretch** - Sit on a firm surface with your involved leg straight, the other foot on the floor. Sit up with your back completely straight and keep your operative leg straight. Lean forward to feel the stretch in the back of your upper leg - hold for 20 seconds, and relax for 5 seconds. Repeat this exercise for 20 minutes 3 times per day for a total of 1 hour.



**Hamstring
Stretch**