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## **POST-OPERATIVE INSTRUCTIONS** **ARTHROSCOPIC PATELLOFEMORAL CHONDROPLASTY / MENISECTOMY**

### Activity

- Try and rest the first few days following surgery. When sitting or lying down be sure to keep your leg elevated up above the level of your heart to help decrease swelling.
- **Ice** or the **cryo-cuff** can be used as much as possible for the first 3-4 weeks to help decrease swelling.
- You may bear full weight on the operative knee as tolerated. Use crutches / cane for support for the first 3-5 days and then gradually wean yourself off and walk normally.
- Driving is not recommended when taking narcotic pain medication.
- Return to (sedentary) work or school the day after surgery if pain is tolerable. Return to heavy labor or excessive ambulatory activities will be determined by Dr. Montgomery.

### Dressings

- Remove the outer dressing and gauze wrap 48 hours after surgery. Clean the surrounding skin with sterile water or rubbing alcohol and cover the sutures loosely with band-aids or a clean dressing. Be sure not to vigorously rub over any of the incision sites as they are still healing.
- Small amounts of bloody drainage, numbness at incision site, knee swelling, and bruising are normal findings following surgery.
- Do not use bacitracin or any ointments under band-aids.
- If there are small white tape strips that have been placed across your incision, do not remove them.
- Keep your sutures clean and dry until your first follow-up visit. If you wish to shower, plastic bags, saran wrap, and waterproof dressings can all be used to keep the area dry. **DO NOT SOAK** your knee in a bath tub.

### Medication

- You have been prescribed the following **pain medication**:
  - Oxycodone – Please take 1 tab every 4-6 hours as needed for pain.
- As the pain gradually improves you may transition over to Extra-Strength Tylenol which is a strong non-narcotic alternative for pain.
- You have also been given a prescription for **enteric coated Aspirin 325 mg** which you should take once daily with food to decrease the risk of post-operative blood clot formation.
- If you have any side effects (i.e. Nausea, rash, trouble breathing) from medication discontinue its use and call our office.

### Physical Therapy

- You will receive your physical therapy prescription at your first post-operative visit.
- A list of home exercises has been enclosed for you to do during your first week following surgery.

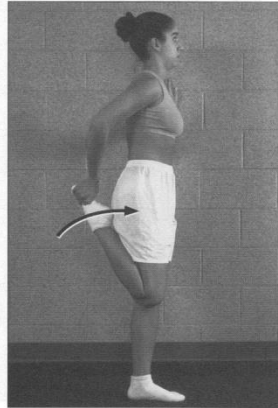
### Follow Up

- You have likely already been scheduled for your first post-operative visit. If you have not received an appointment please contact the office to schedule an appointment 7-10 days after your surgery.
- You will be seen by Dr. Montgomery or his Physician Assistant for your first post-operative visit to review your intra-operative findings and to go over any questions you may have.
- Sutures will also be removed at that time.
- Call the office immediately if you develop a fever (>101.5), chills, excessive incision drainage, chest pain, shortness of breath, calf pain, or increased numbness in leg.
- If you have any questions or concerns please feel free to call the office.

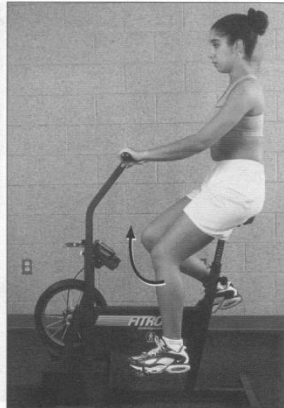
# Home Knee Exercises

## Light Bending

Bend the knee slowly to your comfort level to try and maximize early motion. A stationary cycle may also be used to help facilitate early gentle motion.



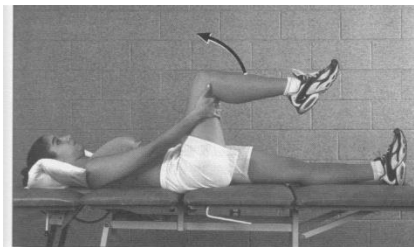
|| Figure 21.24 Knee flexion in standing.



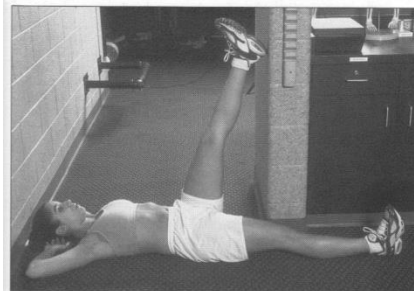
|| Figure 21.25 Range of motion on stationary bike.

## Light Leg Extension

Using your hands or a wall, slowly stretch and straighten your knee as much as tolerable.



|| Figure 21.26 Hamstring stretch, supine.

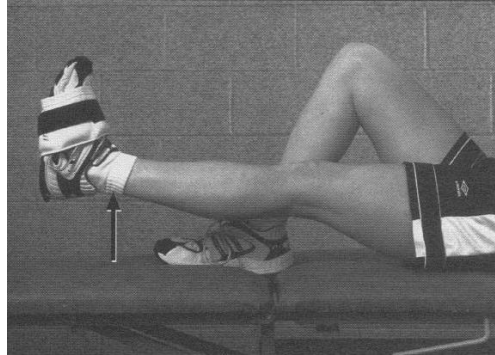


|| Figure 21.27 Hamstring stretch in doorway.

## **Straight Leg Raise**

With your leg straight, lift your heel 12 inches from the ground and slowly back down. No weight is needed on the foot during the first 2 weeks after surgery.

3 sets of 15 reps as tolerated



## **Isometric Quad Contractions**

While lying on your stomach, place rolled up towel under ankle. Straighten knee against towel and hold for 15 seconds, stop, and then repeat.

3 sets of 15 reps as tolerated

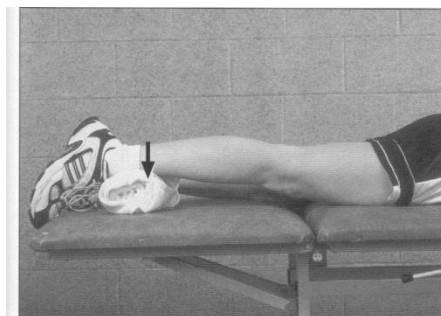


Figure 21.29 Quad set, prone.