



## ARTHROSCOPY PATIENT CARE INSTRUCTIONS

### Pre-operative

- Begin heel lifts and straight leg raises.
- Full range of motion.
- Obtain Aleve and Tylenol ES (if not allergic) for post operative pain.

### Post-operative

- Limited activity with bathroom privileges.
- Keep knee elevated (above heart level) on several pillows with ice on operative knee.
- May remove TED hose and dressing 3 days after surgery.
- May shower 3 days after surgery (no soaking or bathing).
- Perform range of motion exercises and leg lifts, every 2 hours from 8 a.m. to 10 p.m.
- Begin range of motion exercises (**Flexion:** Towel/leg pulls **Extension:** Heel props/towel pulls) day of surgery, perform every 2 hours from 8 a.m. to 10 p.m.
- For pain control:
  - Aleve: 2 tabs in morning, 2 tabs in evening.
  - Tylenol: 1000mg (2 ES tabs) every 6 hours.
  - Vicodin: only if needed for more severe pain.

**If you have any questions or concerns, please call the patient office at (937) 208-2091 and press option #4.**

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