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SPORTS MEDICINE
FELLOWSHIP TRAINED

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POST SURGERY INSTRUCTIONS

KNEE ARTHROSCOPY

Diet:

1. Advance from liquids to a regular diet as tolerated.

Activities:

1. Elevate limb. Ice knee. Do not place ice directly on skin. Avoid frostbite.
2. Weight bear as tolerated with crutches.

Exercise:

- 1) Begin exercises immediately and repeat hourly while awake:
 - 1) Quadriceps sets - tighten your thigh muscles.
 - 2) Straight leg raises - lift your leg 12 inches from the ground and hold for 15 seconds.
 - 3) Ankle pumps - move your ankle up and down.

Dressings:

- 1) Maintain your dressing for 48 hours.
- 2) After 48 hours, remove dressing. Then add Band-Aids.
- 3) Maintain the ace compressive wrap.
- 4) Keep your surgical incisions clean and dry.
- 5) Do not place any topical ointments on your incisions (e.g., Neosporin, alcohol, or peroxide).
- 6) It is common to have the dressings lightly soiled with blood.
- 7) Do not take a bath.
- 8) Shower after 48 hours when your dressings have been removed.

Pain Medications:

- 1) Utilize pain medications as prescribed.
- 2) Avoid driving, utilizing machinery or alcohol use while taking the pain medications.
- 3) Avoid taking over the counter Tylenol while on the prescribed pain medications.

Follow Up Appointment;

- 1) Call the office at 408.297.3484 to schedule a follow up visit on 7 -10 days from surgery.
- 2) Surgical procedure details and findings will be discussed at your initial follow up visit.
- 3) If needed, you may contact Dr. Stidham prior to your initial follow up visit.

Emergency Room:

- 1) Go to the Emergency Room if chest pain, severe calf pain or shortness of breath occurs.
- 2) Contact Dr. Stidham when you arrive to the Emergency Room.