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## Post Op Knee Arthroscopy

1. The knee should be iced  $\frac{1}{2}$  hour on and  $\frac{1}{2}$  hour off throughout the first day and at least 3x a day after the first initial post-operative day.
2. If you have a cryocuff (ice machine), this can be used continuously for the first day until 11pm and then  $\frac{1}{2}$  hour on and off after 11pm if you awaken with pain. After the first day this should be used on  $\frac{1}{2}$  hour on and  $\frac{1}{2}$  hour off at least 3x a day. Always place a small towel or ace wrap between your skin and the cryocuff.
3. Pain medication will be prescribed. If your pain does not require a narcotic pain medication take Tylenol (as long as you do not have a history of Tylenol allergy or a medical problem where Tylenol is contraindicated, i.e liver disease)
4. Pain medication may be constipating. If you are prone to this you may take an over the counter stool softener such as Senokot.
5. Follow up the day after surgery for a dressing change. Usually you will be able to shower after the first dressing change.
6. Do isometric quadriceps strengthen exercises daily, doing 4 sets of twenty repetitions and make sure your knee goes completely straight while performing these exercises.
7. Flexion exercises (knee bending) may be started and performed 3x a day using the other leg for support.
8. Therapy is usually expected to be started the first week after surgery.

**Please Take:** Vitamin C 500mg 3x/day for 4 weeks & Vitamin D 500mg/day for 4 weeks