

**PATIENT INSTRUCTIONS AFTER ARTHROSCOPIC KNEE SURGERY**  
**DR. GRIMM**

1. Some knee problems require no weight bearing on the operative leg. If this is the case, Dr. Grimm will outline your limitations. Otherwise, you may begin bearing weight on the operative leg immediately after your anesthetic has worn off. You should use crutches as necessary to prevent you from limping. As you become more comfortable, put more weight on your leg and less on the crutches. When you are able to walk without a limp *without* the crutches, you may stop using them. Don't get rid of them early—be patient, and wait until you can walk comfortably without them.
2. You can re-wrap the ace bandage loosely if it becomes displaced. You may remove the dressing **two** days after surgery (including cotton wrapping and yellow gauze), but leave steri-strips on the skin over the incisions. If there is no drainage from the incisions, you may shower **three** days after surgery, and pat the incisions dry. No baths or hot tubs! You may cover the incisions with band-aids or the ace wrap. Don't worry if the steri-strips loosen or fall off before your follow-up visit.
3. In addition to walking, there are three specific exercises you will need to do frequently throughout the day. Ideally, these should be done ten times every 1-2 hours while awake.
  - A. "Quad Sets"- tighten the quadriceps muscle in the front of the thigh for 5 seconds and release.
  - B. Straight Leg Lifts- lift your leg while keeping your knee straight. Use a smooth up and down motion.
  - C. Knee Motion- lift your leg and bend and straighten your knee slowly, or bend and straighten your knee slowly while sitting.
4. Keep your leg elevated when possible, especially in the first 2-3 days after surgery.
5. You will receive a prescription for pain medicine, which should be taken as directed if needed. (You may not need to have this filled depending on your discomfort). You may also be instructed to take an anti-inflammatory medication for a short period of time (e.g.: Tylenol, Ibuprofen, or Aleve) for several days.
6. You may begin to drive:  
LEFT Leg Operated (automatic transmission) -- 48 hours after your surgery, no narcotics.  
RIGHT Leg Operated OR LEFT Leg Operated (standard transmission) -- when you have comfortable muscle control of your leg. Not before 48 hours, no narcotics.
7. You should already have a follow up appointment scheduled with Dr. Grimm in 10-14 days. If there are any problems, call Dr. Grimm's office at (585) 394-1960.

**IF ANY OF THE FOLLOWING PERSIST, CONTACT THE OFFICE:**

1. Pain that increases in intensity.
2. Increasing swelling in the knee, or drainage from the incisions.
3. Onset of numbness or tingling in the leg or foot.
4. Elevated temperature (fever) not associated with other illness.

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