



Set date: 2008.05.29

Review date:2022.12.16

Revised date:2024.02.03

Health education number:ORTH-113

General Information to be Noted After Knee Arthroscopy

1.Instructions after surgery

- (1)If the wound is painful after surgery, the doctor will prescribe oral painkillers for you to take regularly; if the pain does not improve after taking the painkillers for more than 1 hour, please inform the nurse to evaluate your condition, and use other veins or muscles if necessary inject pain relievers.Taking painkillers must pay attention to slow down and avoid bending over, so as not to cause dizziness and fall due to postural hypotension.
- (2)Turn over every 2 hours during bed rest to prevent long-term bed rest. The leg surgeon can also use the uninjured foot to do the hip lift exercise (Figure 1) to avoid pressure injury caused by skin pressure and strengthen muscles. Strength and ability to get out of bed and walk in the future.



Figure1. Hip lift exercise

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All information above has been reviewed by orthopedics surgeons specialists
Edited and published by the Department of Nursing,
Taichung Veterans General Hospital

- (3) Raise the head of the bed when eating to avoid choking.
- (4) Rehabilitation exercise needs to be carried out after the guidance of medical personnel, so as to avoid self-movement of joints after surgery. Follow your healthcare provider's instructions to perform rehabilitative exercises to promote blood flow, reduce swelling, and strengthen muscles.

2. Rehabilitation exercise

Please follow the doctor's instructions to perform the following rehabilitation exercises according to the surgical site:

- (1) Rehabilitation exercise after lower extremity arthroscopy, including: dorsiflexion of the foot and quadriceps exercise.



Hold the dorsum of the foot up for 5 seconds.



Keep the dorsum of the foot down for 5 seconds and then relax.

Figure 2. Dorsiflexion of the foot (200 times a day)



Lie on your back with your knees straight on the bed, press your knees down, your knees must be fully extended for 5 seconds.

Figure3. Quadriceps exercise (100 times a day)

3.Home Care Considerations

- (1)Before the stitches are removed, please avoid drinking alcohol, Chinese angelica or ginseng and other Chinese herbal medicines. You can take a bath three days after the stitches are removed. You must be careful to slow down when entering and leaving the bathroom to avoid slipping and injury.
- (2)Increase your activity level to your own tolerance level, making gradual movements as directed by your physician's assessment.
- (3)If the following problems occur, please call 04-23592525 as soon as possible and transfer to the ward extension 6075 or the 24-hour health consultation line 04-23741353.
 - a.The wound is red, swollen, hot, painful and has secretions.
 - b.Fall injury.
 - c.Sudden weakness or no feeling at the surgical site.
 - d.Pain distress.

4.Conclusion

Arthroscopic surgery allows for quicker and more reliable diagnosis, shortens hospital stays, and allows you to return to a normal life in the shortest possible time. If the pain is tolerable after the operation, get out of bed according to the doctor's instructions, perform rehabilitation exercises correctly after returning home, and observe whether the wound has fever, pain or increased secretion. When the affected limb continues to be numb and unable to move, it is necessary to call for consultation immediately, and then return to the hospital for examination according to the instructions.

5.Reference

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Let's take the quiz to make sure you understand

1.Rehabilitation exercises can be performed on the day of

surgery: such as: dorsiflexion rehabilitation exercises.

☐Yes ☐No ☐No idea

2.You must stop eating and drinking 8hours before surgery.

☐Yes ☐No ☐No idea

3.After the operation,you need change position every 2

hours,or use the non-operated foot to do hip lifting exercises.

☐Yes ☐No ☐No idea

4. You can take a shower immediately after surgery

☐Yes ☐No ☐No idea

5. If the wound is red, swollen, hot, painful and has

secretions coming out, you should seek medical attention immediately.

☐Yes ☐No ☐No idea