SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

Dr. Geoffrey Glebus, DO

Diplomate – American Board of Orthopedic Surgery
📞 **(210) 798-8563** | ✉ GlebusTeam@smasatx.com

🦵 Your Knee Arthroscopy Recovery Guide

🌞 Welcome to the Healing Phase!

Congrats! — your knee just got a first-class tune-up! 🛠️ This guide is your personal cheat sheet to a smooth, steady, and stress-free recovery. If anything feels off or confusing at any point, **don't tough it out** — call or email us. Dr. Glebus and the whole team are ready to help you bounce back stronger.

💥 What's Normal After Surgery

So your knee's a little cranky right now — no worries, it's all part of the process! You might notice:

- A bit of soreness around your incision(s)
- Some swelling or redness that's slowly improving
- Pain when moving from sitting to standing (especially the first few days — and yes, nights too!)
- A raspy throat or "something's-stuck" feeling from the breathing tube (it'll pass soon!)
- Pain that stays around **3–6 out of 10** with meds
- Some itching as things start to heal (that's your body saying "we're working on it!")

💊 Your Med Buddy Lineup

Here's what each prescription is doing for your comfort squad:

Medication	Why You Have It 💡
Tramadol	Pain control — use as needed, then taper off
Colace	Keeps things moving (pain meds can cause constipation!)
Mobic	Fights inflammation + swelling
Zofran	Stops nausea before it starts

💧 **Pro Tip:** Stay hydrated, take short walks, and eat fiber — it's the magic combo for recovery.

SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

Dr. Geoffrey Glebus, DO

Diplomate – American Board of Orthopedic Surgery

📞 **(210) 798-8563** | ✉️ GlebusTeam@smasatx.com

🩹 Incision TLC/ Daily Care Routine

Your incision is sealed with steri-strips— it'll flake off in about **2–3 weeks**.

Here's how to keep things looking and feeling good:

- You can remove your dressing after 3 days, this can remain off.
- Shower after **3 days**, but no soaking — that means **no baths, pools, or hot tubs!**
- Use gentle, fragrance-free soap (like Dial).
- No ointments, creams, or scrubbing the incision.
- See a little clear stitch poking out? Don't pull it — we'll handle it later.

💜 **If the tape itches or blisters, call us and send our email a pic so we can better asses.**

🚶 Move Smart — The "Do's and Don'ts"

Think of week one as *part two of your hospital stay*. Healing takes time!

✅ **Do:**

- Expect a bit of drainage — that's normal.
- Put weight on your leg as tolerated (unless told otherwise).
- Walk short, frequent laps around your home — movement helps!
- Keep your leg elevated (chest level = happy knee).
- Sleep however you're comfy.
- Stay on top of your checkups (2 weeks, 6 weeks, 3 months, 6 months, 1 year).

🚫 **Don't:**

- Sit or stand for over an hour without moving — stiffness is sneaky!
- Overdo it with long walks or standing marathons early on.
- Schedule dental work near your surgery date (2 weeks before or 4–6 weeks after = nope).
- Submerge that incision (save the pool party for later).
  - 🚗 If your *right* knee had surgery, no driving until you're off narcotics and can move it safely.

🧊 Cool It — Literally

Ice is your new BFF. It helps swelling and soreness.

- Wrap your ice pack in a towel (no direct skin contact).
- Ice for **20–30 minutes**, **4 times a day**.
- Too much cold = more pain — 30 minutes max per session!

SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

Dr. Geoffrey Glebus, DO

Diplomate – American Board of Orthopedic Surgery
📞 **(210) 798-8563** | ✉️ GlebusTeam@smasatx.com

💩 Let's Keep Things Moving

Constipation can happen thanks to pain meds. Here's how to outsmart it:

🍎 Eat fruit, veggies, and fiber
💧 Drink lots of water
🚶 Take gentle walks
💊 Use Colace daily while on pain meds
⏰ If you still haven't gone by day 3, use **Dulcolax, Miralax, or Milk of Magnesia.**

🚨 When to Call Us

Reach out right away if you notice:

- Worsening redness, swelling, or heat near the incision
- Drainage (especially yellow, green, or smelly)
- The incision edges separating
- Fever above **101.5°F**
- New bruising or pain that's suddenly worse

💌 Email usually gets the fastest response!

🚑 Call 911 or Go to the ER If:

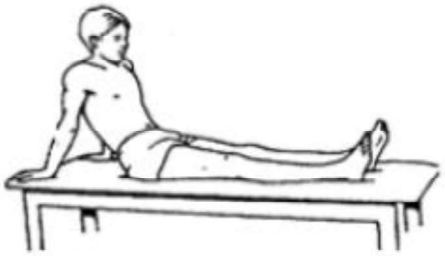
- You have trouble breathing or chest pain
- You develop a severe headache
- Your calf feels tight, swollen, or painful

🌈 Final Thoughts

Healing takes time — but you've got this! Every day your knee is getting stronger, even when it doesn't feel like it. Take short, frequent walks, change positions often, and celebrate the small wins (like walking a little farther today than yesterday). Listen to your body. Rest when you need to. And remember — your comeback story has already started.

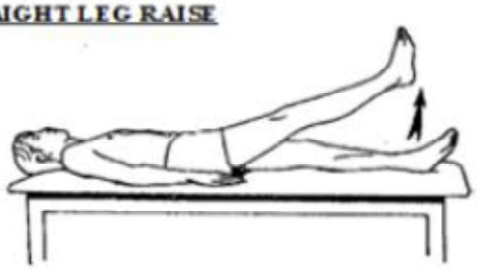
KNEE POST OPERATIVE EXERCISES

QUAD SETS



Tighten muscles on top of thigh by pushing knee down to floor or table.
Hold 1-2 seconds. Repeat 10-15 times
Do 3 sessions per day.

STRAIGHT LEG RAISE



Tighten muscle on front of thigh then lift leg 8-10 inches from floor keeping knee locked.
Hold 1-2 seconds. Repeat 10-15 times
Do 3 sessions per day.

CALF PUMPS



Relax leg. Gently bend and straighten ankle. Move through full range of motion. Avoid pain.
Hold 1-2 seconds. Repeat 10-15 times
Do 3 sessions per day

LEG HANGS WITH GRAVITY



Allow leg to hang w/ gravity and bend as tolerated for 60-90 seconds

Do 3x per day