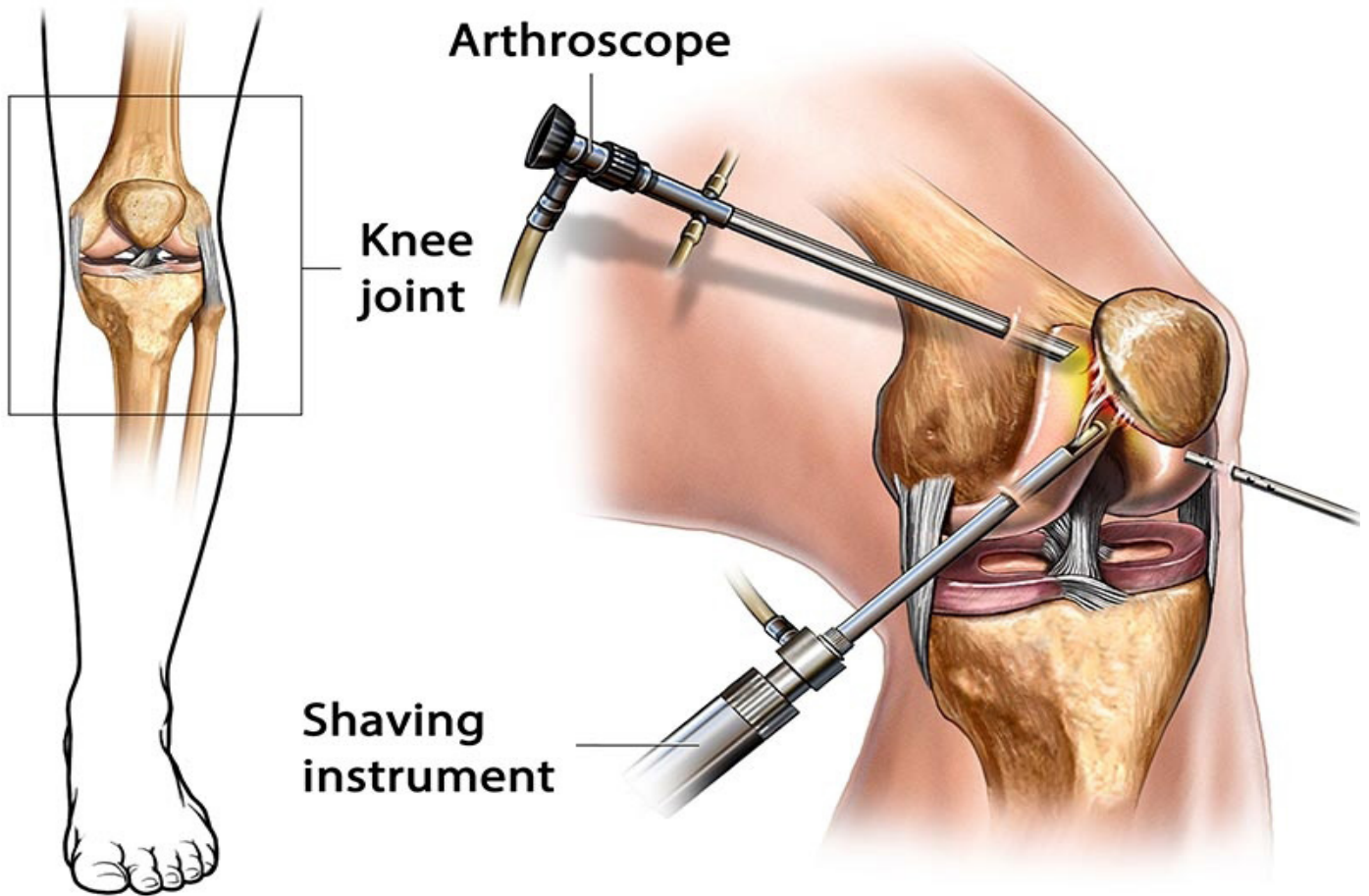


KNEE ARTHROSCOPY PATIENT DISCHARGE INSTRUCTIONS



The following is an outline of instructions and information for post-operative arthroscopic knee surgery. Please follow these instructions specifically and if you have any questions, contact the Surgeon.

The Arthroscopic Procedure Done on Your Knee Today

1. _____
2. _____
3. _____
4. _____

Pain and Swelling

It is normal to have pain and swelling in your knee after surgery. The swelling may last several weeks, and the pain is variable. Acute pain, however, usually is relieved after the first three to seven days after surgery. It is normal to even see some bruising up to your thigh or down to your calf and ankle. Take your oral pain medication as directed for pain. If you have severe pain and swelling or redness in your calf that persists, you should contact the Surgeon

How to Minimize Swelling

Make certain your bandage is not too tight. If it is, you may loosen it.

1. Use the cryo knee cuff over your knee for the first 7 to 10 days (usually 20 to 30 minutes on and 20 minutes off). Do this at least every two hours for the first week. Do not place the ice bag directly on the skin, make certain there is a towel or bandage between the ice and your knee.
2. Elevate your leg so it is above the level of your heart (i.e. if you are sitting, prop your ankle up on several pillows).

Dressing Care

Keep your dressing clean and dry. All Ace wrap should be kept on for the first 48 hours. Once 48 hours has passed you may take these bandages off down to the steri-strips and shower. Steri-strips can get wet - simply pat dry with a clean towel. Do not pick at the steri-strips, they will naturally peel on their own and fall off usually 10-14 days after surgery. Do not place ointments such as Neosporin, etc. onto wounds.

Bathing

No showering for first 48 hours. You may shower with steri-strips over the incisions 48 hours after surgery. Do not soak in water such as a bathtub, hot tub or swimming pool for 4 weeks.

Special Instructions

Ankle and foot pumps should be started immediately and will help reduce swelling and minimize the risk of blood clot formation. You will start formal physical 5 days after surgery or per the Surgeon's instructions.

Activity/Weight Bearing

- Walking: Walk with crutches as needed, weight bearing as tolerated, for the first two to three days. The crutches can then be discontinued as tolerated.
- Walk with crutches, weight bear as tolerated, with knee brace on and locked in extension. Use crutches.
- Do not bear weight on the operative leg until instructed at the next visit.
- Refer to exercise sheet on at home exercises you can do daily until your first post op follow up.

Driving

Do not drive unless cleared by the Surgeon. You must be able to comfortably use the brake and gas pedal and be off all pain medication before you can be cleared to drive. Most patients who have surgery on their right knee can drive after two weeks.

Medications

Pain

- Hydrocodone 5-325 mg, 1 tablet every 4-6 hours for pain as needed
- Naproxen 500 mg, 1 tablet every 12 hours for pain and swelling. Take with food.
- Over the counter acetaminophen

Other:

- _____

Do not put any ointments on incision sites; waterproof bandages only.

Warnings

Notify the Surgeon immediately if any of the following occur:

- Excessive bleeding
- Excessive non-bloody wound drainage beyond the first three to four days
- Poor pain control
- Fever greater than 101.5 degrees Fahrenheit after post-operative day three
- Increased redness along incision
- Calf pain or swelling

Follow-up with the Surgeon

As Scheduled in 2 week(s) Date of follow up appointment: ____/____/____
Please call to schedule your post- op appointment if not already scheduled or if you have any questions or concerns. After 5 p.m. or on weekends you will forwarded to our on-call physician.