

Orthopaedic Specialists of Modesto

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DISCHARGE INSTRUCTIONS FOR KNEE ARTHROSCOPY

AFTER YOUR SURGERY:

- 1. Elevate your leg for 48 hours.
- 2. Ice your knee for 48 hours.
- 3. Use crutches with partial weight bearing as tolerated for 2-7 days.
- 4. Other:

ACTIVITY:

- 1. Do not drive or operate any equipment on the day of your surgery. The effects of anesthesia and/or medication are still present and drowsiness may occur.
- 2. Take deep breaths and cough 4-5 times per day for 1 week.
- 3. Limit activity; no strenuous exercise or play without your physician's approval.
- 4. Begin tightening the muscle in your thigh immediately after surgery.
- 5. Bend your knee as tolerated within 6 hours after surgery.

DIET:

- 1. Drink lots of nonalcoholic liquids and then begin a light diet.
- 2. Resume a normal diet the day after your surgery.
- 3. Other:

WOUND CARE:

- 1. Remove ace wrap and cotton dressing in 72 hours (approx. 3 days).
- 2. Place band-aids over your incisions, rewrap with ace bandage.
- 3. Other:

BATHING:

- 1. You may take a shower 72 hours (approx. 3 days) after surgery.
- 2. Avoid soaking in a bathtub, pool, or spa for 2 weeks.

IF TAKING ORAL PAIN MEDICATION:

- 1. Follow instructions for use printed on prescription.
- 2. Do not take pain medications on an empty stomach.
- 3. Do not drive or drink alcoholic beverages when taking pain medication.
- 4. If medication causes a reaction such as nausea or skin rash, stop the medication and call your physician.

CALL PHYSICIAN FOR:

- 1. Temperature above 101 degrees or severe chilling.
- 2. Persistent nausea and vomiting.
- 3. Pain not relieved by oral medication.
- 4. Excessive bleeding or drainage on the dressing.
- 5. Any signs of infection at the incisions (redness, hot to tough, or tenderness). Some redness and swelling is normal.
- 6. Swelling, coldness, paleness, or blue color of toes (compare to your other foot).
- 7. Numbness or tingling in the operative leg after initial numbness following surgery has worn off.
- •Your surgeon can be reached at 524-4438, ext. 120 or 121, if you have any of the above problems or have any questions. Please make a follow-up appointment at your surgeon's office in 7-10 days.