



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 touch, 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.