

Knee Arthroscopy Discharge Instructions

No driving or operating heavy machinery while on narcotic pain medication!

Wound Care

- In general, keep dressings and incisions clean and dry
- A small amount of drainage & bleeding is normal. Call the office if you notice significant bleeding or if your dressing appears saturated
- Please remove dressings 2 days after surgery and place Band-Aids at each portal site. You may shower & get incisions wet 5 days after surgery. If Steri-Strips are present, don't remove them.
- DO NOT SOAK the operative knee (i.e pool, hot tub, jacuzzi) for 2 months.

Pain and Swelling

- Ice your knee frequently to help with pain & swelling (cover with thin sheet or T-shirt). Aim for 20 mins/session, 4-5 times a day
- Elevate the operative leg to heart level for the first 72 hours after surgery when sitting or lying down
- Take pain meds as directed, wean as tolerated. Pain meds cause constipation so always take with a stool softener (Colace, Senekot)
- You may take NSAIDS or anti-inflammatory medication (i.e Advil, Aleve), unless otherwise directed
- Move your ankle up and down (ankle pumps) throughout the day to improve circulation & decrease swelling
- If prescribed, take Aspirin as directed to help prevent blood clots.

Weight-Bearing/Activity:

- OK to bear weight as tolerated, Use crutches as needed for 1-2 weeks, wean after that
- NO weight bearing (if you had a meniscus repair or if otherwise directed)
- Do not perform activities that increase pain/swelling (prolonged standing or walking) for the first week after surgery
- Avoid prolonged sitting (without leg elevated) or long distance travel for 2 weeks. Ok to return to work/school in 3-4 days
- You may drive once off pain meds and when knee feels fairly normal, with minimal pain & swelling (usually 1-2 weeks)

Exercises

- PT may be prescribed to start 10-14 days after surgery. Begin working on knee range-of-motion as soon as comfortable (no later than 2 days post-op). Work on straightening leg fully, gradually bend knee as tolerated.
- SEE ATTACHED EXERCISES: Begin 24 hours after surgery. Aim for 2 times a day for 2-3 weeks

Emergencies

Contact the office or the doctor on call 24 hours/day at **925-939-8585** if you note any of the following:

- Unrelenting or worsening pain, swelling, or numbness
- Fever/chills ($T > 101.5^{\circ}$). It is common to have a low-grade fever the first few days after surgery
- Redness or increasing warmth around incisions, continuous drainage/bleeding from incisions (small amount of drainage expected)
- Difficulty breathing or excessive nausea/vomiting

If you have an emergency that requires immediate attention, proceed to the nearest emergency room.