

BASIC KNEE ARTHROSCOPY DISCHARGE INSTRUCTIONS (meniscectomy, chondroplasty, debridement)

DIET

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

WOUND CARE

- Keep surgical dressing on for 3 days – you may shower by placing a large garbage bag over your leg/knee starting the day after surgery.
- You may remove your dressing and place waterproof Band-Aids over the incision/sutures 3 days after your surgery and then ok to take shower. NO immersion of operative leg until 3 weeks after surgery (i.e.bath).
- It is normal for the Knee to bleed and swell following surgery – if blood soaks onto the bandage, do not become alarmed – reinforce with additional dressing.
- Wear your TED compressive stocking for first couple days until you are up and moving around comfortably.

MEDICATIONS

- Pain medication is injected into the wound and knee joint during surgery – this will wear off within 8-12 hours. You may take your pain medication prescribed by your doctor if needed as per directions on the bottle.
- Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, take medication with food – if constipation occurs, consider taking an over-the-counter laxative
- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed.
- Do not drive a car, operate machinery or take alcohol while taking pain medication
- Resume your normal medication the day after surgery

ACTIVITY

- May **weight bear as tolerated** on the knee and have no restriction with range of motion.
- Generally, I recommend crutches for a couple days until you feel safe. Do not engage in activities which increase pain/swelling
- Driving: General guideline is 1 week for automatic cars, left leg surgery 2-4 weeks for standard cars, or right leg surgery. This will likely depend on the nature of your surgery and ultimately the decision of safety is up to you.
- **Return to work** when your doctor recommends and you feel safe

EXERCISE

- **Exercises** (due each set 15 times 3 to 4 times day)
 - **Quad Sets.** Tighten the muscle on the top of your thigh, while at the same time pushing the back of your knee down into the bed. Hold 5 secs then relax 5 sec.

- **Ankle pumps.** Slowly move the front of your foot up and down, as if your pumping the brake of a car.
- **Straight leg raises.** Keep your affected leg flat and straight. Slowly raise the affected leg-keeping it as straight as you can until its 6 inches off the bed and hold for a count of 5 secs.
- **Physical therapy** may be recommended by your doctor and an appointment should be scheduled by you usually within a week from your surgery to help you recover.

ICE THERAPY

- Begin immediately after surgery
- Use icing every 2 hours for 20 minutes daily until your first post-operative visit – remember to keep barrier between your skin and the ice device

WHEN SHOULD I CALL MY DOCTOR

- Contact are office if any of the following are present:
 - Painful swelling or numbness
 - Unrelenting pain
 - Fever (over 101° - it is normal to have a low grade fever for the first day or two following surgery) or chills
 - Redness around incisions
 - Color change in operative extremity
 - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
 - Difficulty breathing
 - Excessive nausea/vomiting