

## DISCHARGE INSTRUCTIONS FOR KNEE ARTHROSCOPIC SURGERY

### **Remember to re-read these after your surgery**

#### **BANDAGES**

Knee bandages should remain in place following surgery until changed in the office during your first post-operative appointment. Ace wrap or stocking may be removed for showering but should be reapplied for comfort during the first several days following surgery.

#### **SHOWERING**

Showers are acceptable after 24 hours; no use of bathtub or Jacuzzis. After removing the wraps or stocking covering the knee, the small clear bandage should provide a water barrier for quick showers but not for submersion of the knee under water.

#### **BLEEDING**

In some cases, oozing at the point of incision does persist for several hours. You may notice a small amount of bloody drainage on the bandages. If you are concerned about excessive bleeding, please contact our office.

#### **SWELLING**

It is common to experience temporary swelling around the knee joint, which will give you stiffness and discomfort. This may last for several weeks after the surgery. To minimize the swelling, utilize an ice pack and elevate the leg above the level of your heart. **If you notice excessive swelling about the leg/ankle/foot please contact the office.**

#### **ICING**

Safe use of an ice pack contributes to pain relief and reduction in swelling. You can apply ice as often as needed on top of your dressing during the first postoperative day. After your dressing is removed, ice can be applied for 20-minute periods, 3-4 times per day. Please have a barrier between the ice pack and your skin to prevent frostbite.

#### **RELIEF OF PAIN**

Most patients are prescribed the following medications. These medications may be used together and should be taken as instructed on the pharmacy bottle:

**Vicodin/Norco**– a narcotic pain medication (hydrocodone) combined with acetaminophen (generic form of Tylenol)

**Or Ultram(Tramadol)** a narcotic pain medication

**Tylenol** – may be used in place of pain medication (Norco/Percocet/Ultram) for mild pain. Please note that the maximum daily dose of Tylenol is 4000 mg.

**ECASA** – coated aspirin – ECASA 325 mg daily for 10 days may decrease the unlikely complication of blood clots (DVT) and pulmonary emboli. Early movement and mobilization may also decrease this risk. If you have a personal or family history of clotting please discuss with our office and your internist as additional medications may be indicated.

**Do not take strong medication on an empty stomach. Do not drink alcohol or drive while taking a prescribed pain medication.**

### **DIET**

The day of surgery, drink lots of fluids and eat soft, nutritious foods. An adequate diet is essential for the healing process.

### **NAUSEA AND VOMITTING**

Although unusual, both can be experienced after anesthesia in surgery. If you have a tendency for this, please discuss it with the anesthesiologist. Otherwise it is usually alleviated with a clear liquid diet.

### **DROWSINESS**

After anesthesia, drowsiness may persist for quite a while.

### **COMMON COMPLAINTS AFTER SURGERY**

It is not uncommon that patients complain of a sensation of liquid within the joint. Some patients also note occasional clicking or popping with movement. These are typical sensations after knee surgery and rarely represent a problem.

### **ACTIVITIES**

Bending the knee and walking should be performed to your **COMFORT**.

### **POSTOPERATIVE OFFICE VISIT**

Your first post operative visit should already be arranged. If not, please call our office during regular working hours to schedule your post op visit.

### **EMERGENCY**

Please call 911 if you have a life-threatening emergency. If you have any concerns or questions after business hours, please call the office and you will be connected with the doctor on call.

**IF YOU HAVE ADDITIONAL QUESTIONS OR IF PROBLEMS SHOULD DEVELOP, DO NOT HESITATE TO CONTACT US.**