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## Knee Arthroscopy Patient Discharge Instructions

The following is an outline of instructions and information for post-operative arthroscopic knee surgery. Please follow these instructions specifically and if you have any questions, contact Dr. Bales.

### The Arthroscopic Procedure Done on Your Knee Today

1. eg. Partial Medial Meniscectomy and Chondroplasty
2. \_\_\_\_\_
3. \_\_\_\_\_

### Pain and Swelling

It is normal to have pain and swelling in your knee after surgery. The swelling may last two to three weeks and the pain is variable. Acute pain, however, usually is relieved after the first three to seven days after surgery. It is normal to even see some bruising up to your thigh or down to your calf and ankle. Take your oral pain medication as directed for pain. If you have severe pain and swelling or redness in your calf that persists, you should contact Dr. Bales.

### How to Minimize Swelling

1. Make certain your bandage is not too tight. If it is, you may loosen it.
2. You may place a bag of ice over your knee for the first 7 to 10 days (usually 20 to 30 minutes on and 20 minutes off). Do this at least every two hours for the first three to four days. Do not place the ice bag directly on the skin, make certain there is a towel or bandage between the ice and your knee.
3. Elevate your leg so it is above the level of your heart (i.e. if you are sitting, prop your ankle up on several pillows).

### Dressing Care

Keep your dressing clean and dry. There may be some bloody spotting on the dressing initially, this is normal. Excessive bleeding that soaks the dressing must be reported to Dr. Bales. The dressing should be changed starting on the second day after surgery. Leave the paper strips on the wounds. If there is still drainage from the incisions place a new dressing (you can get 4x4 bandages from your drug store) and cover with the Ace™ wrap. If there is no drainage place waterproof bandages over the paper strips. You can stop wearing the TED hose one week after surgery if you are mobile. **Do not place ointments such as Neosporin, etc. onto wounds.**

### Bathing

Keep the wound dry at all times. You may shower with waterproof bandages starting on post-operative day three after the first dressing change. Do not soak in water such as a bathtub, hot tub or swimming pool for three weeks.

## Activity/Weight Bearing

- Walking:  Walk with crutches as needed, weight bearing as tolerated, for the first two to three days. The crutches can then be discontinued as tolerated.
- Walk with crutches, weight bear as tolerated, with knee brace on and locked in extension.
- Use crutches. **Do not** bear weight on the operative leg until instructed at the next visit.

## Diet

Clear liquids and advance as tolerated.

## Special Instructions

Ankle and foot pumps should be started immediately and will help reduce swelling and minimize the risk of blood clot formation. You will start formal physical therapy three to four days after surgery or per Dr. Bales instructions.

## Driving

Do not drive unless cleared by Dr. Bales. You must be able to comfortably use the brake and gas pedal and be off all pain medication before you can be cleared to drive. Most patients who have surgery on their right knee can drive after two weeks.

## Medications

- Pain:  Norco - 5/325, one to two every four to six hours as needed
- Ibuprophen (Advil) - 200 mg, three tablets three to four times per day as needed
- Diclofenac - 75 mg, one with breakfast and dinner for 14 days
- Nausea:  Phenergan - 25, mg every six to eight hours as needed
- Other:  ASA - 325 mg, one per day for two weeks

**Do not put any ointments on incision sites; waterproof bandages only.**

## Warnings

Notify Dr. Bales immediately if any of the following occur:

- Excessive bleeding
- Excessive non-bloody wound drainage beyond the first three to four days
- Poor pain control
- Fever greater than 101.5 degrees Fahrenheit after post-operative day three
- Increased redness along incision
- Calf pain or swelling

## Follow-up with Dr. Bales

- As scheduled \_\_\_\_\_ day(s) \_\_\_\_\_ week(s)

Please call **317.268.3601** to schedule your post-op appointment if not already scheduled or if you have any questions or concerns. After 5 p.m. or on the weekend, call **866.404.5070** to contact the on call doctor.