



Knee Arthroscopy Discharge Instructions

Derick M. Johnson, DO
Carl H. Wierks, MD
Adam J. Geller, PA-C
Orthopedic Surgery

WOUND CARE

- Keep operative knee elevated above heart level as much as possible for the first 24-48 hours.
- Keep dressing clean, dry and in place for 3 days or until changed by medical staff.
- On the third day, you may remove the dressing and shower. Leave steri-strips in place. DO NOT soak wound in bathtub, hot tub or swimming pool. Redress any draining areas, if present.

ACTIVITIES/EXERCISES

- Use crutches with weight bearing as tolerated or as instructed. If you had a femoral nerve block, DO NOT put weight on that leg until it is strong and not numb. Leave brace locked in extension position. After nerve block wears off then reset brace to _____ as ordered. Your therapist will inform you of when you may discontinue use of the brace.
- See your PT plan for appropriate exercises.

DIET AND COMFORT

- Advance diet as tolerated. Drink extra fluids to avoid constipation.
- Use an ice/compression device or cold packs as frequently as possible for the first two weeks to help decrease swelling and pain.

NOTIFY YOUR DOCTOR FOR: (616.738.4420)

- Unusual chest or leg pain.
- Chills or fever over 101 degrees.
- Persistent nausea/vomiting lasting more than 24 hours.
- Signs of infections such as redness, swelling, white, yellow, or green drainage from incision.
- Uncontrolled pain
- Other questions or concerns.

MEDICATIONS

- Resume preoperative medications.
- Use pain pills as prescribed. Most pain medication contains Tylenol. Check with your pharmacist so you don't exceed the recommended amount of Tylenol in 24 hours. Call during business hours if a refill is required. DO NOT drive, operate machinery, or drink alcohol for the first 24 hours after surgery and while taking pain pills.

FOLLOW-UP APPOINTMENT

- Keep scheduled follow-up appointment: PT: _____ Office: _____
- Phone (616) 738.4420 to verify appointment, or if you have any concerns.

ADDITIONAL SPECIFIC INSTRUCTIONS

- If you do not urinate in 12 hours, go to the nearest hospital.
- Have a responsible adult with you for the next 24 hours.
- Other _____

CPM GameReady Brace