

KNEE ARTHROSCOPY DISCHARGE INSTRUCTIONS

Procedure: _____ Date: _____

ANESTHESIA

General Spinal Sedation Local Block _____

- You have received sedation; rest and relax the day of surgery. Please be aware of possible dizziness and exercise caution when you are up. A responsible adult must be with the patient for 24 hours following surgery for safety and falls prevention.
- Begin with liquids, and advance diet as tolerated; avoid greasy and spicy foods.
- No important decisions or signing of legal documents for 24 hours. Do not operate power machinery.
- Do not drive for 24 hours following surgery or while taking narcotic pain medications.
- No alcoholic beverages for 24 hours, or while taking narcotics.
- If you are unable to urinate, feel uncomfortable, and it has been 8-10 hours since you last urinated, go to an urgent care or the ER.
- If you had a block, be sure to start your oral pain medication before it begins to wear off.

****Call 911 or go to the nearest ER if you experience chest pain or shortness of breath**

Report to your Surgeon or visit our Twin Cities Orthopedics Urgent Care in Waconia or Edina (Sun-Sat 8am-8pm) for any of the following:

- Fever over 101°F for lasting than 24 hours
- Foul drainage, redness, or warmth at the operative site
- Large amount of bleeding or drainage
- Severe and uncontrolled pain
- Persistent nausea or vomiting
- Hives, rash or intolerance (Stop medications)
- Redness, warmth or extreme pain in the calf

ACTIVITY INSTRUCTIONS

- Weight bearing as tolerated.
- Limit walking to what is necessary for activities of daily living for two weeks following surgery.
- Crutches may be used as needed following surgery.

DRESSING

- Dressing may be removed in 48 hours. Re-dress with Band-Aids and an ace wrap if needed.
- It is not unusual to have drainage from the portals for up to seven days after surgery. If it persists for more than seven days, or increases, contact our office.
- You may shower 48 hours after surgery. No tub bath or swimming for two weeks.

PAIN CONTROL

- Apply ice to the surgical area to reduce swelling and pain for 24-72 hours following the procedure. Do not place ice directly on skin or it may cause a burn. Wrap a towel around an ice pack and apply to the surgical site for no more than 20 minutes at a time.
- Begin your first pain medication early. Don't let your pain become too severe.
- **NORCO:** 1-2 by mouth every four hours for sharp pain.
- **NSAIDS:**
 - IBUPROFEN (Motrin) 400-800 mgs. Take three times daily with meals.
 - NAPROXEN (Aleve) 220-440 mgs. Take twice daily with meals.
- **DO NOT DRIVE WHILE TAKING NARCOTIC PAIN MEDICATION OR UNTIL DIRECTED BY YOUR SURGEON.**
- Avoid constipation; take Colace (docusate sodium) 100 mg. 1-2 times daily as needed while taking narcotics.
- Call the clinic for pain prescription refills. Prescription refills are not filled over the weekend or after hours.

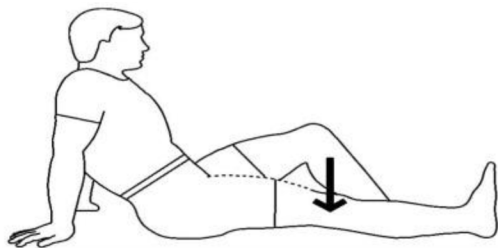
FOLLOW-UP VISIT

Please call (952) 442-2163 to make a follow-up appointment one to two weeks post-op.

EXERCISE

- Start on post-op day 2.
- Straight leg raises today: Tighten knee, lift leg and hold to a count of five. Repeat 30 times, 3 times a day.
- Gentle knee bending exercises should also be incorporated and done as tolerated. Hold for a count of five seconds, repeat 30 times, 3 times a day.

QUAD SET

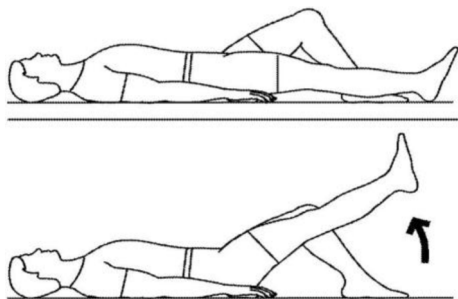


1. Sit with leg extended.
2. Tighten quad muscles on front of leg, trying to push back of knee downward.

Recommendations:

- Do not hold breath.
- Perform 3 sets of 20 repetitions, three times a day.
- Hold exercise for 4 seconds. Rest 3 seconds between sets.

STRAIGHT LEG RAISE

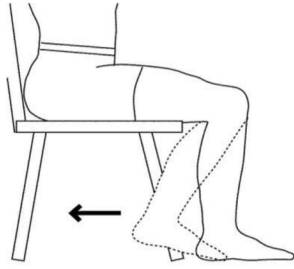


1. Lie on back with uninvolved knee bent as shown.
2. Raise straight leg to thigh level of bent leg.
3. Return to starting position.

Recommendations:

- Perform 3 sets of 20 repetitions, three times a day.
- Hold exercise for 4 seconds.
- Rest 3 seconds between sets.

SINGLE LEG KNEE FLEXION

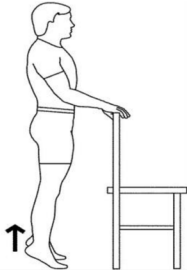


1. Sit in chair, moving heel of involved leg under chair, through full range, as shown.
2. Return to starting position.

Recommendations:

- Perform 3 sets of 20 repetitions, three times a day.
- Hold exercise for 4 seconds. Rest 3 seconds between sets.

HEEL RAISES



1. Stand, using chair for balance.
2. Raise up on toes, through full range.
3. Return to start position and repeat.

Recommendations:

- Perform 3 sets of 20 repetitions, three times a day.
- Hold exercise for 4 seconds. Rest 3 seconds between sets.

OTHER INSTRUCTIONS

Nurse: _____ Responsible Adult: _____