

KNEE ARTHROSCOPY DISCHARGE INSTRUCTIONS

Procedure Name: _____

Date: _____

Anesthesia: General Spinal Sedation 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've had a spinal anesthetic and you develop a persistent headache, increased use of caffeine is encouraged. If no relief, contact Ridgeview Medical Center (952) 442-2191, dial "0" for operator and ask to speak with Anesthesia.

****In the event of a medical emergency, dial 911 or go to the nearest emergency department**

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

- Fever over 101 degrees for more 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 after surgery, may use crutches as necessary.
- Limit walking to what is necessary for activities of daily living for two weeks following surgery.

DRESSING:

- Dressing may be removed in 48 hours. Re-dress with Band-Aids and an ace wrap if needed.
- You may shower 48 hours after surgery. No tub bath or swimming for two weeks.
- 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.
- Sutures will be removed at your follow-up visit.

PAIN CONTROL:

- Ice for 20 minutes every hour while you are awake for 24-72 hours following the procedure. Ice reduces swelling and pain. **Do not place ice directly on skin or it may cause a burn.**
- Elevate your leg at heart level aggressively for the first 48 hours; then elevate as needed.
- Begin your first pain medication early. Don't let your pain become too severe.
- **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 for _____ days post-op.

EXERCISES:

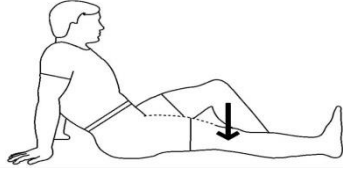
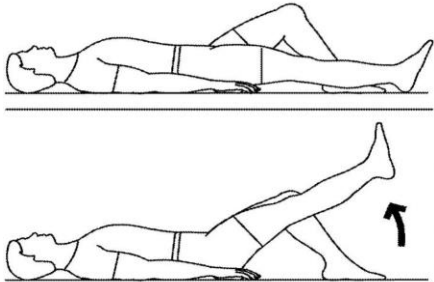
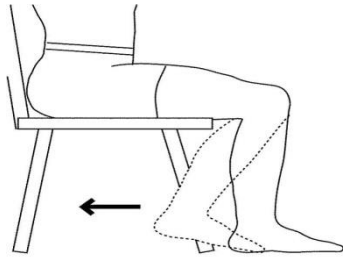
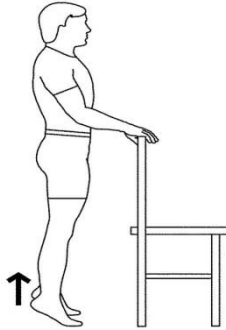
- Begin with straight leg raises today: Tighten knee, lift leg, and hold to a count of five. Repeat 30 times, 3 times a day.
- Start on 2 days after surgery.
- Gentle knee bending exercises should also be incorporated and done as tolerated. Hold for a count of five seconds, repeat 30 times, 3 times a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

Special Instructions:

Do not hold breath.

Perform 3 sets of 20 Repetitions, three times a day.

Hold exercise for 4 Seconds. Rest 3 Seconds between sets.

<p>Quad set</p>	<ul style="list-style-type: none"> • Sit with leg extended. • Tighten quad muscles on front of leg, trying to push back of knee downward. 	
<p>Straight leg raise</p>	<ul style="list-style-type: none"> • Lie on back with uninvolved knee bent as shown. • Raise straight leg to thigh level of bent leg. • Return to starting position. <p>Perform 3 sets of 20 Repetitions, three times a day. Hold exercise for 4 Seconds. Rest 3 Seconds between sets.</p>	
<p>Single leg knee flexion</p>	<ul style="list-style-type: none"> • Sit in chair, moving heel of involved leg under chair, through full range, as shown. • Return to starting position. <p>Perform 3 sets of 20 Repetitions, three times a day. Hold exercise for 4 Seconds. Rest 3 Seconds between sets.</p>	
<p>Heel raises</p>	<ul style="list-style-type: none"> • Stand, using chair for balance. • Raise up on toes, through full range. • Return to start position and repeat. <p>Perform 3 sets of 20 Repetitions, three times a day. Hold exercise for 4 Seconds. Rest 3 Seconds between sets.</p>	

Other Instructions:

Nurse _____

Patient/Responsible Adult _____