



DISCHARGE INSTRUCTIONS FOR KNEE ARTHROSCOPY- Dr. David Whiddon

AFTER YOUR SURGERY:

1. Elevate your leg for 48 hours.
2. Ice your knee for 48 hours.
3. Use crutches with weight bearing as tolerated for 2-7 days.
4. Take one 325 mg aspirin every day for 2 weeks to prevent blood clots in your legs.

ACTIVITY:

1. Do not drive or operate any equipment on the day of your surgery. The effects of anesthesia and/or medication are still present and drowsiness may occur.
2. Take deep breaths and cough 4-5 times per day for 1 week.
3. Limit activity; no strenuous exercise or play without your physician's approval.
4. Begin tightening the muscle in your thigh and moving your foot up and down to decrease leg swelling.
5. Bend your knee as tolerated within 6 hours after surgery.

DIET:

1. Drink lots of nonalcoholic liquids and then begin a light diet.
2. Resume a normal diet the day after your surgery.

WOUND CARE:

1. Remove ace wrap and cotton dressing in 48 hours (approx. 3 days).
2. Place band-aids over your incisions, rewrap with ace bandage.

BATHING:

1. You may take a shower 48 hours (approx. 2 days) after surgery. Put waterproof band-aids over incisions.
2. Avoid soaking in a bathtub, pool, or spa for 4 weeks.

IF TAKING ORAL PAIN MEDICATION:

1. Take your pain medications only as directed, usually 1 to 2 pills as frequently as every 6 hours but only if you need them. You may also take an anti-inflammatory medication such as naproxen or ibuprofen and substitute Tylenol instead of a narcotic pain medication.
2. Do not take pain medications on an empty stomach.
3. Do not drive or drink alcoholic beverages when taking pain medication.
4. If medication causes a reaction such as nausea or skin rash, stop the medication and call your physician.

CALL PHYSICIAN FOR:

1. Temperature above 101 degrees or severe chills.
2. Persistent nausea and vomiting.
3. Pain not relieved by oral medication.
4. Excessive bleeding or drainage on the dressing.
5. Any signs of infection at the incisions (redness, hot to touch, or tenderness). Some redness and swelling is normal.
6. Swelling, coldness, paleness, or blue color of toes (compare to your other foot).
7. Numbness or tingling in the operative leg that persists.

•Your surgeon can be reached at (727) 461-6026, if you have any of the above problems or any concerns. Please make a follow-up appointment at your surgeon's office in 7-10 days.