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## **Knee Arthroscopy Discharge Instructions**

### **Activity:**

- Minimize walking for the first 2-3 days
- Apply ice to the knee 20 minutes every 3-4 hours for 2 days
- Crutches are to be used as needed, may apply weight as tolerated
- Lift heel off the bed with knee extended 10 times, 3-4 times per day
- Knee bending as tolerated 10 times, 3-4 times per day

### **Pain Management:**

- Use prescription pain medicine as directed initially (usually required for 3-4 days)
- Begin weaning off during the day first, later at night
- May supplement with Motrin/Advil or Tylenol as needed
- Activity restriction and ice is also of great benefit

### **Diet:**

- Liquids or light food may be taken initially
- Advance to normal as tolerated if nausea is not present

### **Wound Care:**

- Rewrap ace bandage twice per day (leave the underlying dressing)
- After 48 hours, remove dressings and showering may begin
- Cover the wounds with Band-Aids daily

### **Follow-up Office Visit:**

- Call the office the next business day at (214) 324-2471
- Schedule an appointment for 5-7 days from surgery date

### **Call your doctor if:**

- Fever develops to 101
- Uncontrolled nausea or vomiting
- Excessive bleeding or drainage (pus) (mild bleeding is normal)