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ORTHOPAEDIC AND RECONSTRUCTIVE SURGERY
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Discharge Instructions Knee Arthroscopy Paul D. Saadi, M.D.

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

Follow-up Office Visit:

- Call the office the next business day at 214 324-2471
- Schedule an appointment for 7-10 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)