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Post Operative Instructions for Outpatient Surgery

Knee Arthroscopy

1. Keep your leg elevated above chest level as much as possible for the first 36 hours. After the initial period, you should elevate the leg on an as needed basis to reduce pain and swelling.
2. Apply ice packs over the knee as much as possible for the first 36 hours. After the initial period, you should apply ice packs to the knee on an as needed basis to reduce pain and swelling. (The skin should feel cool but **not** be ice cold. Avoid direct skin contact with ice to prevent frost-bite.)
3. A bloody drainage is to be expected on the bandages. If there is excess free bleeding, please notify the office.
4. Do not remove the bandages, until the day after surgery. Clean the wounds with hydrogen peroxide and cover with Band-Aids.
5. Avoid getting the bandages wet. You may take a limited bath or shower but should use precautions to prevent slip and fall and prevent getting the bandages wet. You will be able to take a full shower after your first visit. You should not take a full bath, swim or whirlpool until the wounds are completely healed.
6. Do **not** remove the white surgical stockings. These will be discontinued after you resume an increased level of activity. They help reduce swelling and reduce the change of blood clots.
7. Take a plain aspirin 650 mg. twice a day. The antiplatelet function of aspirin helps reduce the chance of blood clots. The aspirin may be tolerated with food.
8. A pain medication has been chosen for you to hopefully reduce your pain with the least amount of side effects. Take the pain medication as prescribed only as needed for pain. A side effect of all pain medication is possible nausea. Taking the medication with food may prevent some of the nausea. Drowsiness is also a side effect of all pain medications. Do not drive or perform other hazardous activities when taking pain medication. Prolonged use of pain medication and bed rest can also cause constipation. The elevation of the leg and cold packs on the knee are very important to help reduce pain. If you have excess pain, return to the emergency room for evaluation.

9. There are many other possible side effects of medications as we have discussed. If you develop a rash or unexpected problems with any of the medications, please stop the medication and call the office.
10. You may run a low grade fever for two (2) nights following surgery. Take Tylenol for elevated temperature. If temperature exceeds 101.5°F, call the office.
11. Use crutches for comfort and security. Use precautions to prevent injury. You may apply full weight to the leg as tolerated unless instructed otherwise.
12. Perform ankle pumps and quadriceps exercises frequently, at least ten times per hour when awake. Additional exercises will be prescribed after your first office visit.
13. You may move the knee as tolerated unless instructed otherwise.
14. If you develop any unexpected problems after your discharge from the hospital, please call the office.
15. If a postoperative office visit has not been scheduled for you, please call the office to schedule.

Thank you for cooperating with these important instructions. The success of your surgery depends on cooperation. We need a team effort.

With kindest regards,

John G. Burvant, M. D.

I have received and understand the discharge instructions provided to me.

Patient's Signature

Date