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Instructions for Knee Arthroscopy Patient

1. Rest in bed or on couch most of the time for the first two days. Elevate the knee on pillows. Keep ice on the knee for about 20 minutes at a time, with 10 minute breaks.
2. Walk, bearing weight on knee as the pain allows. Some patients use crutches for a few days and some do not use crutches at all. Every knee and every arthroscopy are different. Some conditions cause more swelling after arthroscopy. Generally the more swelling that there is present, the less the patient will want to put weight on the knee with walking.
3. You may take the pain medication as directed on the bottle.
4. Take 81 mg of Aspirin by mouth everyday for 2 weeks.
5. Please do not get the knee wet in the shower or bath until you see Dr. Aiken and he tells you it is ok.
6. It is common for some seepage of blood to appear on the bandage. If you feel the amount of blood is excessive, please call Dr. Aiken.
7. The bandage on the knee can be unwrapped and reapplied if it is uncomfortable. There is nothing that you can harm by removing or reapplying the bandage.
8. Call the office the morning after your surgery to let us know how you are doing and to make a follow-up appointment. Dr. Aiken will want to see you 2 or 3 days after the surgery.
9. Dr. Aiken's 24 hour a day telephone is 456-5152. Please call him with any questions.

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

Patient's Signature

Date