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KNEE ARTHROSCOPY – Post Operative Instructions

Diet:

1. Begin with liquids and light foods such as Jelly and soups.
2. Advance as tolerated to your regular diet if not nauseated.

First 24 hours:

1. Be in the care of a responsible adult.
2. Do not drive or operate machinery.
3. Do not make important personal or business decisions, or sign any legal documents.
4. Do not drink alcoholic beverages.

Activities:

1. Elevate the limb above hip and preferably above chest for 48 hours.
2. Short trips to the bathroom (with weight bearing unless told otherwise) are permitted.
3. Ice should be applied to the knee in a waterproof bag for 15-30 minutes each hour while awake for the first 48 hours.
4. Normal walking is encouraged after 2 days. Crutches are optional.
5. Do not engage in activities that increase your pain such as stair climbing or prolonged standing.
6. Return to work depends on your type of employment.

Exercise:

1. Begin exercises immediately for both legs and repeat hourly while awake:
 - Quad sets (tightening the thigh muscles)
 - Straight leg raises (lift and hold 12-18" off bed or floor for 8 count)
 - Vigorous ankle pumps(toes towards and away from head)
2. Your routine exercises generally can be started one week after surgery as long as you can bend the knee freely to at least 90 degrees.

Wound care:

1. Maintain your waterproof dressing. Loosen the outer dressing if swelling of the foot or ankle occurs.

Medications:

1. If you need a script refill please **plan ahead**. Call the office during regular office hours.
2. Do not combine with alcoholic beverages.
3. Be careful as you walk, climb stairs or drive as mild dizziness is not unusual.
4. You may switch to over the counter medication of your choice as you become more comfortable.

2/... Knee arthroscopy – post operative instructions

When to call your surgeon:

1. Significant swelling or numbness in the limb that was operated on.
2. Unrelenting pain.
3. Fever or chills.
4. Redness around incisions.
5. Colour change in foot or toes.
6. Continuous drainage or bleeding from wounds (a small amount if drainage is expected)
7. Any other worrisome condition.

When to call your regular doctor:

1. Flare up of any of your regular medical conditions.

When to call 000:

1. Chest pain.
2. Shortness of breath.
3. Any other acute serious condition.

Follow up care:

1. You should have an appointment with your doctor for 10-14 days after your surgery.
2. Call 9481 2856 to make this appointment if not made at your pre op visit.

Acknowledgement:

I acknowledge that I understand these instructions and that I have no further questions.

Date: _____

Patient

Responsible adult companion