



## Discharge Instructions- Knee Arthroscopy

### **After Your Surgery:**

1. Use your crutches when walking until otherwise instructed
2. Wear your brace at all times remove only as instructed, do not change the settings
3. Keep your leg elevated for the next 2-3 days
4. Use ice/cold therapy as needed for swelling and pain relief
5. Do not drive a car until cleared by your surgeon

### **Activity:**

1. Continue your home exercise program as instructed by physical therapy
2. Your surgeon will let you know when to begin outpatient therapy

### **Wound Care:**

1. Change dressing daily and place TED stocking on your surgical leg until follow-up
2. Some bloody drainage on dressing is normal

### **If Taking Oral Pain Medications:**

1. Follow instructions as printed on prescription
2. When your pain is mild you may use medication such as Tylenol or Ibuprofen
3. Do not drink alcohol while taking pain medication
4. Pain medications can cause constipation

### **Call Your Surgeon For:**

1. Temperature above 101 degrees and/or chills present for more than 2 days
2. Pain not relieved by oral pain medication
3. Swelling ,coldness, paleness, blue coloring, numbness or tingling in operative foot
4. Any sign of incisional infection

**If you have any additional questions please do not hesitate to contact your surgeon's office.**