

## Post-Operative Instructions: Knee Arthroscopy

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DIET	<ol style="list-style-type: none"> <li>1. Begin with liquids and light foods (Jell-O, soup etc.) progress to a normal diet as tolerated.</li> <li>2. Drink plenty of fluids and stay well hydrated. It is not uncommon to have some nausea after anesthesia. Start with simple foods such as crackers and broths</li> <li>3. No alcoholic beverages for 24 hours or as long as you are taking prescription medications.</li> </ol> <p><input type="checkbox"/> Special Diet: _____</p>
ACTIVITY	<ol style="list-style-type: none"> <li>1. It is normal to feel dizzy and sleepy for several hours after your operation. Therefore, do not operate any equipment, or make any significant decisions until the next day.</li> <li>2. If a brace was applied, please keep it on when ambulating or sleeping. You may remove the brace when resting but avoid bending the knee greater than 60 degrees.</li> <li>3. Use the crutches or a walker to ambulate. You may place weight on the knee as tolerated.</li> <li>4. Keep the knee elevated above your heart. When laying down, place pillow behind the calf. When sitting, keep the leg elevated as high as possible, preferable, above the hip.</li> <li>5. Ice the knee for 15 minutes every hour for swelling and comfort. Do not place the ice directly on the skin as they may cause ice burns.</li> <li>6. Don't drive for a week, particularly if the right knee was involved.</li> </ol>
MEDICATIONS	<ol style="list-style-type: none"> <li>1. Take the pain medication as directed. You may also take ibuprofen (up to 2400mg a day), aspirin (325mg a day) or naproxen (up to 1000mg a day) as needed to supplement pain control and to help prevent blood clots in those prone to it. Take with food to avoid stomach irritation</li> <li>2. <b>Last Pain Medication Given at (Med)</b> _____ <b>(Time)</b> _____</li> </ol>
WOUND DRESSING CARE	<ol style="list-style-type: none"> <li>1. Do not get the wound wet or dirty for 72 hours. After that, you may shower and let the water gently wash over the incisions. Do not scrub the wound. You may dab the wounds dry and then apply a Band-Aid.</li> </ol>
SPECIAL INSTRUCTIONS	<ol style="list-style-type: none"> <li>1. The knee surgery has been completed and your doctor will discuss the arthroscopic findings at the first post-operative visit.</li> <li>2. Serious signs that require a call to the office includes : <ul style="list-style-type: none"> <li>○ Fever over 101.5 not relieved with acetaminophen or ibuprofen.</li> <li>○ Severe pain not relieved with pain medications.</li> <li>○ Severe nausea and vomiting.</li> <li>○ Shortness of breath or chest pain.</li> <li>○ Severe swelling of the knee or calf which causes shininess to skin.</li> <li>○ Bright red swelling to the calf or the knee.</li> <li>○ Any other problems that you feel may be related to your surgery</li> </ul> </li> </ol>
INSTRUCTIONS: OTHER	<p><b>Follow up appointment has already been made for 7-10 days after surgery.</b> Check your paperwork or call the office for clarification. If you are unable to contact the office and you feel your condition is urgent, go to the emergency room. Call us anytime: Melinda, medical assistant, Robin, surgery scheduler, (559) 733-3346</p> <p><input type="checkbox"/> I acknowledge the patient/family has received, reviewed and understands the post-op instructions and a copy is in my representative's possession.</p> <p><input type="checkbox"/> I acknowledge that the patient's personal belongings have been returned.</p>
	<p>_____ <b>Signature of Responsible Person</b></p> <p>_____ <b>Signature Discharge Nurse</b></p>