

Total Joint Care

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Knee Arthroscopy Patient Home Discharge Instructions

1. Push fluids for the first 48 hours after surgery.
2. Nausea is often encountered due to anesthesia. Try reducing pain medication as much as possible. Change to liquid diet. Usually resolves by 48 hours.
3. Elevate leg at night to help with discomfort and reduce swelling. Use an ice pack wrapped in cloth for comfort.
4. After surgery, you may walk as much as tolerated. Avoid high-impact activity, deep squatting. Crutches may be used for comfort, discontinue as soon as feel comfortable.
5. Start bending knee immediately on your own, therapy may be helpful and can be arranged after first post-operative visit if necessary.
6. Unwrap the bulky surgical dressing the second morning after surgery. Drainage on dressing is normal. Loosely place band-aids over the incisions, and can use ACE wrap if you'd like.
7. You may shower 48 hours after surgery, getting incision lightly wet. Pat dry, and replace band-aids.
8. Take pain medications as prescribed. If you become nauseated, or have itching try halving dose or change to Tylenol.
9. Call Dr. Struble if you have continued drainage a day after removal of dressing, sudden onset of pain or tenderness in the back of the calf not relieved with rest, elevation, and ice, or *any* other concerns.