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## **Discharge Instructions**

### **Knee Arthroscopy**

- Diet:** Start out with liquids and progress to your regular diet as you tolerate.
- Activity:** Use crutches as needed after surgery to assist with walking. May put full weight on leg as tolerated and wean off of the crutches.
- Pain:** Take pain medication as needed. Please contact the office at 302-655-9494 if your pain is uncontrolled.
- Ice:** Ice is an excellent source for pain, relief, swelling, stiffness and inflammation. Use it as often as 20 minutes out of every hour. It can be used for several weeks as needed.
- Follow-up:** Call the office at 302-655-9494 after discharge from hospital to schedule a follow up appointment for 2-3 weeks after surgery.
- Emergency:** We are available 24 hours a day in case you experience any problems once you leave the hospital. After hours, please call 302-655-9494 for assistance.
- Wound Care:** Remove the dressing on the 2<sup>nd</sup> day after surgery and wash leg with soap and water. Apply a dry dressing as needed for drainage after initial dressing is removed. If the incisions are dry and without drainage, the incisions may be left open to air.
- Showering:** It is OK to wash leg with soap and water. **DO NOT SOAK** leg in a tub or swim in pools until instructed otherwise. It is OK to sit in a shower chair and let water go down leg.
- Sutures:** Your sutures or staples will be removed at your follow-up visit.
- DVT:** Take medication to try to prevent blood clots as recommended (Usually Lovenox or Xeralto) until completed. If you were not prescribed a medication for blood clots take aspirin 325 mg 2 times per day until your follow up appointment.