



## Postoperative Instructions for Outpatient Knee Arthroscopy

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#### GENERAL POSTOPERATIVE INSTRUCTIONS:

1. You may feel dizzy, lightheaded or sleepy for 12 to 24 hours after your operation. This is normal and may increase with the use of pain medication.
2. Do not drive, transact legal business, care for a dependent person, or take public transportation alone for 24 hours after surgery. Do not drink alcoholic beverages for 24 hours, or for as long as you are taking prescription pain medication. In addition, someone must stay with you until the morning after surgery, or longer if required.
3. Begin with a light diet. Avoid fatty or spicy foods. Drink plenty of liquids. If not nauseated, you may progress to your regular diet as instructed by your doctor.
4. Pain is usually relieved by mild pain relievers.
5. Take only sedative and/or analgesic medications as prescribed by your physician for the first 24 hours after surgery. Blood pressure, diabetic and cardiac medications should be taken unless instructed otherwise. **Please DO NOT take any Tylenol® in addition to the narcotic prescribed.**
6. Call my office at (559) 432-3374 for any temperature over 101° Fahrenheit, or for any unusual reactions, such as severe pain, excessive bleeding, persistent bleeding, chills, persistent nausea or vomiting, rash, you have not urinated within 8 hours, or if your operated extremity becomes cold to touch, blue, tingling, numb or has excessive swelling or pain.
7. A follow-up call will be made by a Recovery Room nurse in 24 hours to check your progress.

#### SPECIFIC INSTRUCTIONS:

1. Post-surgical instructions:
  - a. Keep leg elevated until \_\_\_\_\_.
  - b. Do not get the dressing wet.
  - c. Do your preoperative muscle setting exercises.
  - d. Use your crutches.
  - e. It is [ ] OK [ ] NOT OK to put weight on your operated leg.
  - f. It is [ ] OK [ ] NOT OK to bend your knee as tolerated.



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- g. Loosen splint or Ace wraps as needed, then reapply.
- h. Other: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

[ ] ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION: You must wear your postoperative brace at all times until instructed otherwise by my office. You must not bear full weight on your operated leg for the first two weeks after surgery. It is important that you keep your dressing in place, and keep the area clean and dry until your postoperative appointment in my office.

2. Keep your follow-up appointment on: \_\_\_\_\_.

3. OTHER: \_\_\_\_\_

\_\_\_\_\_

4. Please do not hesitate to call my office at (559) 432-3374 if you have any questions or problems.

5. Should you develop an urgent problem and cannot reach me, go to an emergency room or call 911.