

**HOME CARE INSTRUCTIONS FOLLOWING
KNEE ARTHROSCOPY**

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Date: _____

ACTIVITY

1. Crutches may be recommended to reduce weight on the operated knee. You may put the following weight on your leg:
 full weight partial weight no weight
Use crutches for _____
_____.
2. If you have an immobilizer, wear for _____ days.
3. Exercises should start on day of surgery. Do them 3-4 times per hour. Each time do several repetitions.
 Quadricep Tightening
 Ankle Rotations/Toe Presses
 Straight Leg Raises
 May Bend Knee as Tolerated
 Exercise Sheets Reviewed & Given to Patient

SURGICAL SITE CARE

1. A soft gauze dressing has been applied. There may be a small amount of water or blood that comes through. The dressing may be removed in _____ days. Band-aids can be used at this time. If you have steri strips, they fall off in 5-7 days.
2. The small points of entry may develop bruising. This will disappear in a few days.
3. You may shower after your dressing is removed. Bathing or soaking should be delayed for at least a week or until OK'd by your doctor.
- 4.

COMFORT

1. Use ice packs to your knee 24-48 hours to reduce swelling and pain.
2. Keep leg elevated above heart level for 24-48 hours.
3. You may need to use prescription pain medication regularly at first and then as needed. If pain medicine does not keep you comfortable, contact your doctor. If **nausea** occurs, take food in 1/2 hour prior to medication. If **nausea persists or rash** occurs, **STOP** taking the medication and call your doctor.
4. For milder pain, use over-the-counter medication.

MEDICATIONS

1. New medications:
2. Last dose of pain medication:

DIET

Some of the sedative/anesthetic medication you received today may make you nauseated. Begin with clear liquids and then progress to solid foods as your stomach tolerates them. If you become nauseated, tea or carbonated beverages are helpful. If **vomiting** persists, call your doctor.





Wausau, WI

715.847.2121 ~ 800.283.2881

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SAFETY

1. You can expect to feel dizzy, weak and drowsy for as long as:
 - 24 hours after receiving a general anesthetic
 - while taking prescription pain medication
 - 12 hours after receiving sedation
2. Please follow these instructions for that time:
 - a. **DO NOT** drive a car or operate machinery. Your reflexes and coordination are not up to normal. Have standby assistance on stairways. Children should not ride bicycles or ride-on toys.
 - b. No alcoholic beverages today.
 - c. Postpone signing any important papers or making any important decisions.
3. Remove scatter/throw rugs while using crutches.
4. Because of the effects of anesthesia/sedation we recommend that you have someone stay with you for 12-24 hours or overnight following your procedure.

WHO TO CALL

DR.

PHONE:

AFTER HOURS PHONE:

Aspirus Day Surgery Plus
 Open 6:00 a.m.-7:00 p.m.
Phone: 847-2907 Monday - Friday

RETURN APPOINTMENT

DR:

DATE/TIME:

WHEN TO CALL

If any of the following symptoms occur: SEVERE PAIN, REDNESS OR INCREASING DRAINAGE AT SURGICAL SITE, SWELLING OF LEG, FEVER (101° OR ABOVE), IMPAIRED CIRCULATION (i.e. numbness, coolness, grey/blue color), PERSISTENT NAUSEA AND VOMITING, RASH OR ANY CONCERN ABOUT YOUR RECOVERY.

A nurse will attempt to call you in the next few days to discuss your recovery and any questions or concerns you may have. If you have a question or concern before you hear from us, please don't hesitate to call. In case of an emergency, please go to your nearest emergency facility.

I have discussed the above information with a nurse and my questions have been answered to my satisfaction.

Patient or Responsible Party Signature

Date/Time

RN Signature

Date/Time