

Post-Operative Instructions: Knee Arthroscopy

Donald Schengel M.D.
(559) 733-3346

DIET	<p>Begin with liquids and light foods (Jell-O, soup, etc.) progress to a normal diet as tolerated. No alcoholic beverages for 24 hours or as long as you are taking prescription medications.</p> <p><input type="checkbox"/> Special Diet: _____</p>
ACTIVITY	<p>DO NOT make any important decisions, sign any legal documents, drive, take public transportation alone, care for a dependent person or operate any hazardous machinery for at least 24 hours.</p> <ol style="list-style-type: none"> Ice bag should be applied to the knee the first night. Place under ace bandage and over the wrapping, 15 minutes every 1-2 hours while awake. Elevate the surgical leg the first 48 hours and thereafter as needed, to help reduce the swelling and pain. The knee should be higher than your heart If Game Ready ordered- use 20 minutes every 2 hours as instructed Bending the knee: _____ Exercises- Work the hip, knee, ankle as instructed 20 times. Perform these exercises every 2-3 hours. <input type="checkbox"/> Use crutches or cane for security and comfort only as needed. Please disregard these as soon as possible. <input type="checkbox"/> Use crutches at all times, placing _____ weight on the affected leg. If a brace is mounted, it may be removed to change the dressing, but don't move the knee while out of the brace unless instructed otherwise Let pain be your guide to activity, too much pain means that you are doing too much activity. Swelling may be present post-operatively. Restrict activities if swelling is present and use ice and elevation to treat Do not use exercise machines unless specifically directed.
MEDICATIONS	<ol style="list-style-type: none"> Toradol 1st dose at: _____, take until gone. Pain medicine: _____; Tylenol/Advil/Aleve when able. _____ Last Pain Medication Given at (Med) _____ (Time) _____
WOUND DRESSING CARE	<ol style="list-style-type: none"> <input type="checkbox"/> You may shower ____ hours after surgery. If small white tapes (steri-strips) are already in place, <u>do not remove them</u>. Cover them with waterproof Band-Aids. You may change the Band-Aids every 2 days. Rewrap with ace bandage. Until your first post-op check in the office do not swim, take tub baths or use a whirlpool. <input type="checkbox"/> Keep stitches dry. Cover with waterproof Band-Aids. You may change the Band-Aids every 2 days. Until your first post-op check in the office do not swim, take tub baths or use a whirlpool.
SPECIAL INSTRUCTIONS	<ol style="list-style-type: none"> Call the office at (559) 733-3346 if you have any questions or : <ul style="list-style-type: none"> <input type="radio"/> Fever 101.5 or greater <input type="radio"/> Unexpected redness <input type="radio"/> Swelling in the lower extremity <input type="radio"/> Increased drainage from your incision sites
INSTRUCTIONS: OTHER	<p>Keep the appointment given to you at your pre-op visit.</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>_____ Signature of Responsible Person</p> <p>_____ Signature Discharge Nurse</p>