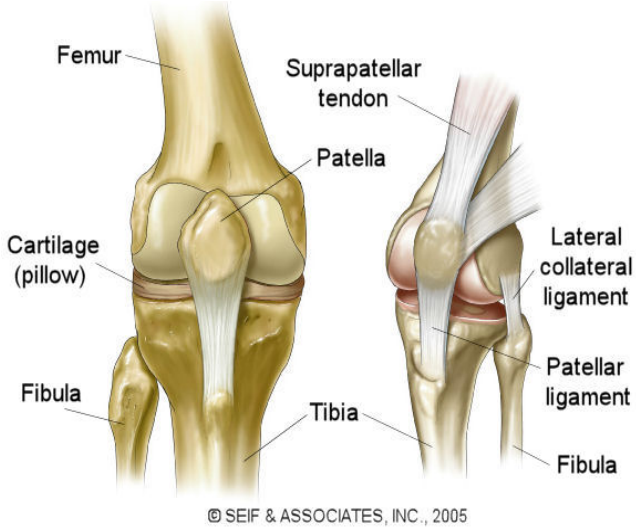
Arthroscopy, With Meniscus Injury
Care After Surgery

Refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your caregiver may also give you specific instructions. Your treatment has been planned according to the most current medical practices available, but unavoidable complications sometimes occur. If you have any problems or questions after discharge, please call your caregiver.



HOME CARE INSTRUCTIONS

- Use crutches and do knee exercises as instructed.
- Put ice on the operative site.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
  - Leave the ice on for 15 to 20 minutes at a time, 1 to 2 times a day while awake. Do this for the first 2 days.
- Rest and raise (*elevate*) your knee.
- Change bandages (*dressings*) as directed.
- Keep the wound dry and clean. The wound may be washed gently with soap and water. Gently blot or dab the wound dry. It is okay to take showers 24 to 48 hours after surgery. **Do not** take baths, use swimming pools, or use hot tubs for 10 days, or as directed by your caregiver.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Continue your normal diet as directed.
- **Do not** lift anything more than 10 pounds or play contact sports for 3 weeks, or as directed.
- If a brace was applied, use as directed.
- Your caregiver will help with instructions for rehabilitation of your knee.

SEEK MEDICAL CARE IF:

- There is increased bleeding (more than a small spot) from the wound.
- There is redness, swelling, or increasing pain in the wound.
- Fluid (*pus*) is coming from the wound.
- You have an oral temperature above 102° F (38.9° C).

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing.
- You develop a reaction or have side effects to medicines you were given.
- You have increasing pain with movement of the knee.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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