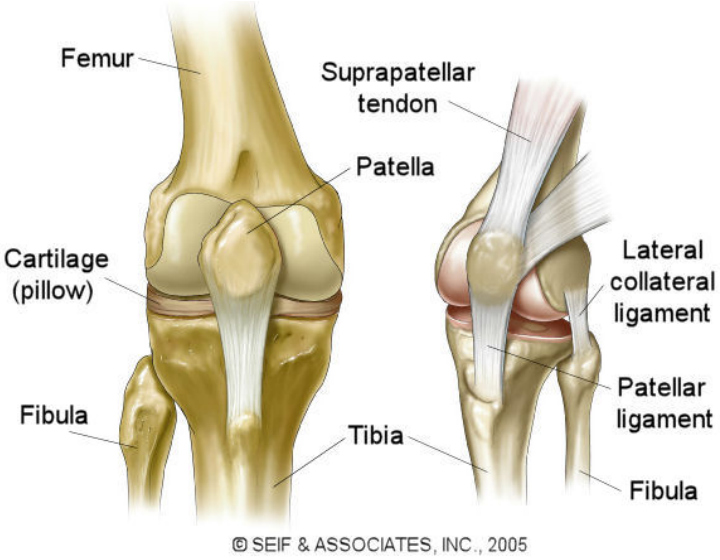
Knee, Arthroscopic Procedure
Care After Surgery

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

- It will be normal to be sore for a couple days after surgery. See your caregiver if this seems to be getting worse rather than better.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Take showers rather than baths, or as directed by your caregiver.
- Change bandages (*dressings*) if necessary or as directed.
- You may resume normal diet and activities as directed or allowed.
- Avoid lifting or driving until you are directed otherwise.
- Make an appointment to see your caregiver for stitches (*suture*) or staple removal as directed.
- You may put ice on the area.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
  - Leave the ice on for 20 minutes, 4 times per day for the first 2 days.

SEEK MEDICAL CARE IF:

- You have increased bleeding from your wounds.
- You see redness, swelling, or have increasing pain in your wounds.
- You have pus coming from your wound.
- You have an oral temperature above 102° F (38.9° C).
- You notice a bad smell coming from the wound or dressing.
- You have severe pain with any motion of your knee.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing
- You develop any reaction or side effects to medicines taken.

MAKE SURE YOU:

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

Document Released: 03/26/2009 Document Re-Released: 03/14/2011
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