

KNEE ARTHROSCOPY DISCHARGE INSTRUCTIONS

- Keep your dressing clean and dry.
- You may remove the outer dressing after 1-2 days; you may have EITHER a steri-strip or a stitch on the incision. Just cover w/ band-aids.
- You may shower after the dressing comes off (1-2days). Or if before, please wrap up the dressing with a protective covering so it does not get wet. DO NOT soak your knee in a bathtub, pool, hot tub, or any other standing water.
- Try to rest your knee for a few days after surgery. Weight bearing as tolerated and try to elevate it to reduce swelling.
- Apply ice to your knee for 20 minutes several times a day. This will also help with the swelling and may help decrease some of the pain.
- You will be given a prescription for pain medication. If you are only experiencing mild discomfort you may take a non-prescription pain reliever such as Tylenol (acetaminophen).

It is normal to feel some pain and fluid on your knee after the operation, but call our office if you experience:

- Fever above 101 F
- Increased redness, swelling, bleeding, excessive pain
- Numbness, coldness, lack of feeling in your foot or leg
- Chest pain or shortness of breath

* Your initial post-op appointment will be made 7-10 days after surgery.

Please call our office if you have any questions: **(912) 644-5331** or **(800) 827-6536**