



Davis Spine & Orthopaedics

Spine and Orthopaedic Surgeon
Board Certified and Fellowship Trained
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Knee Arthroscopy Discharge instructions

When to call 911:

- **If you are experiencing shortness of breath or chest pain, CALL 911**
- **If you are having swallowing problems that interfere with your ability to breathe call 911 and go to the ER. You MUST also contact the office to make us aware of your trip to the ER, we have no other way to know you are there.**

When to call the office: (even if it is after hours – call before going to the ER)

- **If your temperature exceeds 101.5° F**
- **If your incision begins to separate**
- **If your incision begins to drain more than it did at your time of discharge. If you have drainage that is soaking through your dressing after one hour**
- **If you have an increase in pain, swelling or redness around the incision**

Discomfort:

- After surgery, pain is sometimes managed with narcotic medication. Because narcotic pain pills are addictive, they are used for a limited period (4 to 8 weeks). As their regular use can cause constipation, drink lots of water and eat high fiber foods. Laxatives (e.g., Dulcolax, Senokot, Milk of Magnesia) can be bought without a prescription. Thereafter, pain is managed with acetaminophen (e.g., Tylenol).
- Hoarseness, sore throat, or difficulty swallowing may occur in some patients as a result of being intubated for surgery, intubation is when the anesthesiologist places a tube down your throat to provide you with oxygen during surgery. These symptoms usually resolve in 1 to 4 weeks.

Post-Op Instructions:

- To reduce pain and swelling, you should use ice and elevate the leg. A pillow can be placed under the knee for the first few days. Ice can be used 20 minutes on/20 minutes off for the first few days as well.
- You should place a towel or cloth between the skin and ice to prevent skin injury.
- The bandages on the knee can be removed after 2 days. The tiny incisions are usually closed with absorbable sutures (will not need to be removed). If there are steri-strips (small pieces of tape) covering the incisions, they will fall off on their own in about 7-10 days.
- If there is fever above **101.5 F**, redness, or **drainage** from the incisions, please call our office 410-625-5050, **BEFORE GOING TO THE ER.**
- You can bear full weight and walk on the leg unless instructed otherwise by the surgeon. Crutches are usually needed for several days after arthroscopic surgery to help with stability and to decrease pain when walking.
- Sometimes the knee remains slightly painful and swollen for several days or weeks after a knee arthroscopy (depending on the particular procedure done).
- Patients can usually return to school or work when they are comfortable. Most patients will return after 3-4 days following a knee arthroscopy.

- Sports, including gym, should be avoided until you are seen for your post-operative evaluation.
- Your surgeon will determine when you should start physical therapy to rebuild the strength in your leg and knee. This could be immediately after surgery or several weeks later. We will provide you with a prescription with specific instructions.
- You will need to be seen for a post-operative clinic visit about 14 days after surgery, this should have already been scheduled. If you do not have a post operative appointment scheduled, please call the office to schedule.

If you have any questions or concerns, please contact our office at 410-625-5050.