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## **Post-Operative Discharge Instructions for **Knee Arthroscopy:****

### **Pain:**

You should expect some pain following the surgery. Numbing medicine will be placed inside your knee after the surgery. It will therefore usually feel fairly comfortable this evening. You will usually experience more pain the day or two following the procedure. Take the prescription pain medicine when you start to experience pain. If it is not helping, then you may take 1-2 pills every 4 hours. If you still have pain, then try adding ibuprofen or another over the counter anti-inflammatory (not Tylenol, because there is Tylenol in the pain medicine).

### **Dressings:**

Your knee will be covered with a dressing (bandage) when you leave the surgical center. You may take this off the day after surgery. The small wounds may ooze a bloody/clear fluid which is normal. You may cover them with bandaids or gauze. If they are dry, you may leave them to open air. You may shower after the dressing comes off, and clean with soap and water. Do not soak. The stitches will be removed in 7-10 days.

### **Swelling:**

You will experience some swelling in the knee and sometimes into the leg. You may also notice some bruising. Elevate your leg to decrease swelling. This is done by lying on your back and elevating the leg on pillows. Ice your knee for 15 to 20 minutes at a time every hour is also helpful to decrease swelling.

### **Activity:**

You may bear weight as tolerated. Usually crutches are not needed, however you may use them if necessary. You should work on moving your knee trying to bend and straighten as tolerated. It is okay to get on an exercise bike or treadmill, or walk to slowly limber up the knee and these activities can be followed by icing. Thigh muscle contractions (so the leg is lifted straight up into the air) should be done at least 20 times at a sitting, 3 times per day. Also, pump your ankles up and down to decrease swelling.

Plan to take a few days off work. Depending on the kind of work you do, you might be able to resume work as the pain and swelling subside. Some types of work prohibit returning to full duty for several weeks.

**For patients who have had an ACL reconstruction see the last paragraph on page 2.**