

Seeds Orthopaedics

Orthopaedics and Sports Medicine

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www.DRSEEDS.com
www.allaboutarthritis.com
www.jointreplacement.com
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## DISCHARGE INSTRUCTIONS FOLLOWING KNEE ARTHROSCOPY

**Dressing & Stitches**: Your dressing may be removed after three days. Band-Aids may then be used to cover the stitches. Your stitches will be removed 10 to 12 days after surgery. Keep the stitches clean and dry. Your stitches may be cleansed with betadine, but do not apply any ointments to the stitches. Place Band-Aids over the stitches.

**Bathing**: You may shower after the pain pump has been removed. Keep the sutures out of the direct water as much as possible. Apply clean Band-Aids after your shower. Do not take a tub bath and soak your sutures in the water.

**Activity**: Limit your activity for 24 hours after surgery. Thereafter, you may be up as tolerated. Elevate the operative leg when sitting or lying down.

Unless otherwise instructed, you may bear weight on the operative leg as tolerated. If you are using a cane or crutches, you may stop their use when you can walk without pain or a limp. You may bend your knee after surgery. **AVOID** strenuous activities such as running or jumping until instructed otherwise.  
 **DO NOT** bend your knee.  **DO NOT** bear weight on your  right  left leg. Use crutches or walker when walking.  Wear your knee immobilizer (or brace) at all times. You  may  **may not** remove it at night while sleeping.

**EXERCISE**: You may do leg lifts twice a day. 15 lifts with each leg. Unless instructed otherwise, you may bend the knee in its normal range of motion. **DO NOT** twist, squat or lift weights.

**Ice Packs**: Use the ice packs continuously for the first 24 hours after surgery. Thereafter, use the ice packs two or more times a day for 20 minutes at a time, if desired for comfort.

**Medication**: You will receive a prescription for pain medication. Take the medication, as directed, as needed for pain. Refill requests need to be called to the office between 8:00 AM and 4:30 PM Monday thru Friday. No refills are given after hours on weekdays, weekends or holidays.

**Appointment**: You should already have your appointment for suture removal. If not, please call the office to schedule this appointment as soon as possible after your surgery.

**Precautions**: Early postoperative problems can be seen by an increase in pain not relieved by the pain medication, a temperature above 101 degrees, numbness, progressive swelling not relieved by ice and elevation, bleeding or the inability to move the leg.

**CALL THE OFFICE OR GO TO THE EMERGENCY ROOM IF ANY OF THE ABOVE SYMPTOMS OCCUR.**

If you have any questions or problems, please call the office. The office is open Monday through Friday from 8:00 AM to 5:00 PM and can be reached at (440) 997-5427.

( ) I have reviewed and received the discharge instructions sheets for knee arthroscopy.

Date: \_\_\_\_\_ Patient's Signature: \_\_\_\_\_

Nurses's Signature: \_\_\_\_\_