



## BAY AREA ORTHOPEDIC

SURGERY & SPORTS MEDICINE

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### *DISCHARGE INSTRUCTIONS FOR ARTHROSCOPIC KNEE SURGERY*

#### **ANESTHESIA**

- You may feel dizzy, light-headed, or sleepy for the first 12-24 hours after your operation. You cannot drive, operate any mechanical or electrical devices, or drink alcohol. Do not make any important decisions for 24 hours, and as long as you are taking prescription narcotic medication.
- If you have had general anesthesia, it is normal for you to feel generalized aching, sore muscles, and have a strange taste in your mouth or possibly a sore throat. This is normal and will dissipate in 24-48 hours.
- Resume your diet gradually as tolerated.

#### **ACTIVITY**

- Rest on the day of surgery. In most cases after knee surgery, you will have light postoperative dressing and can bend your knee. You will be able to proceed with full weight bearing. Normally, crutches are not needed but can be used for the first few days and then weaned as soon as you are comfortable.
- If you have had major ligament surgery, you will wear a postoperative brace. This brace is to protect the knee as well as keep the knee straight. **IT IS TO BE KEPT ON AT ALL TIMES INCLUDING BED TIME.** If possible, try to maintain the knee in a straight position since it will make your recovery, physical therapy and ambulation easier. Weight bear as tolerated (\*except meniscus repair. This will be clearly communicated to the post operative nurse and patient).

#### **ICE and ELEVATION**

- Ice (or cryocuff) the operative knee the first 2-3 days as tolerate to reduce swelling and pain. Use a towel as a barrier between the skin and ice.
- Elevate the knee on pillows beneath the ankle. Try and keep the knee straight.

#### **PAIN MEDICATION**

- Discomfort from the surgical site is normal and expected. Medications prescribed during your pre-operative appointment are to be taken as directed. You should have medication available to you when you leave the surgery center or a prescription will be provided.

#### **CARE OF DRESSING/SHOWERING**

- **DO NOT GET YOUR BANDAGE WET UNDER ANY CIRCUMSTANCES.** Wet bandages increase the risk for infection. Keep dressing clean and dry.

- The dressing to your knee will be light, so it is not uncommon to have small spots of bleeding show up on the outer aspect of the dressing. If this occurs, do not become alarmed. This type of bleeding typically stops overnight. You may remove the outer dressing in 72 hours and shower. You may have small pieces of paper tape called steri-strips over the incision – **DO NOT REMOVE THE STERI-STRIPS**. Cover incision sites with new band-aids after showering if steri-strips fall off.
- Report to our office any fever/chills, excessive swelling, redness to skin, discolored drainage, uncontrolled pain, persistent nausea, vomiting or any other concerns. Our office number is (707) 645-7210. Phones are attended to 24 hours/day.

**POST-OP VISIT**

- Please call the office the next working day after surgery to let us know how you are doing and to confirm your follow-up appointment. Physical therapy will be ordered at your first post-operative appointment in 1-2 weeks unless otherwise instructed.

Patient: \_\_\_\_\_

RN: \_\_\_\_\_