

Thomas Peatman, MD
Webster Orthopedic Medical Group
Appointments (800) 943- 8099
Erica (510) 267-4018

Discharge Instructions for Knee Arthroscopy:

1. Take pain medication as prescribed. Medication is most effective at the onset of pain, before it gets severe. Wean to Tylenol or Advil as tolerated.
2. Expect leg swelling. Ice and elevation are the solution: Apply cold therapy using polar care unit or gel ice pad held on your knee with an ace bandage. Always have a cloth between the skin and ice pad, to prevent an “ice burn”.
3. Start gentle motion, emphasizing “complete” knee extension. With both feet on a chair in front of you, your knees should be at the same level. If your operative knee is higher, the leg is not straight.
4. Keep all wounds clean and dry. Leave your dressing in place for 48 hours after your surgery. Then you may shower (no bath or hot tub). You may replace dressings with clean dry gauze after 48 hours, or leave them open if there is no fluid coming out. Leave the white tape Steri-Strips in place (they will not fall off). If you like the feel of the ACE wrap, you may continue to use one.
5. You may be sent home with crutches. You may bear weight through your leg using crutches as you are able to tolerate. Discard the crutches one at a time when you are.
6. ***If you have a meniscus repair, you must:
 - a. limit motion to 0-90 degrees for 4 weeks
 - b. only bend the knee when you are not bearing weight. When walking, you must have the knee locked straight in a brace.
7. Make a follow up appointment if one has not been scheduled with Dr. Peatman or Sarah for 7-10 days after surgery.
8. Call Dr. Peatman’s office promptly (510-267-4018) for any of the following:
 - *Bright red or persistent bleeding soaking through all dressings
 - *Unrelieved pain (not responding to ice and pain meds as scheduled)
 - *Persistent nausea or vomiting
 - *Temperature above 101 degrees F. Check with a thermometer
 - *Difficulty breathing
 - *Spreading redness and increasing pain around the incision
 - *Numbness or tingling in the extremity which is not resolving

Resume eating with small meals of light food or soups. Encourage fluid intake. Avoid heavy or greasy food for 24 hours. You may benefit from taking Metamucil or fiber to avoid the constipation from narcotics.

Do not drive while taking narcotics. Do not drive until you have adequate control of the leg.

Do not drink alcohol while taking narcotics.