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HOME CARE INSTRUCTIONS FOR ARTHROSCOPY PATIENTS

10 Tips for Taking Care of Yourself

1. Keep the affected body part elevated **above your heart** as much as possible for the first 48 hours to reduce swelling.
2. Apply ice for the first 24 hours after surgery to reduce swelling.
3. Remove ace wrap bandages (but not surgical dressings) on the evening of surgery. You may re-wrap the limb if you like, but not too tightly. To avoid circulatory problems, always wrap **upward** (wrist to shoulder, ankle to thigh) and be sure you can slide a finger in between the ace wrap and your body.
4. Knee arthroscopy patients may put partial weight on affected knees immediately, or may use crutches for the first 24-48 hours.
5. Take your pain medicines on a regularly scheduled basis for the first few days to relieve post-op pain. **DON'T** wait until pain becomes unbearable! It's much harder to relieve severe pain than it is to relieve mild to moderate pain.
6. Gentle range of motion exercises should be started on the day after surgery. (Flexion and extension, gentle stretching, pendulum swings for shoulders).
7. You may shower 48 hours after surgery. Soaking in a tub is **not** recommended.
8. Call the office (510-839-5564) if you notice significantly increasing swelling or elevated temperature (≥ 101.5). Also, let us know if your pain is increasing and not responding to pain medications, or if you develop chills, fever, nausea or vomiting.
9. Don't wait until Friday at 5pm to call us if there's a problem! We can take much better care of you if we hear from you sooner rather than later.
10. Help your body heal: eat well, drink lots of fluids, get plenty of rest, gradually increase your activity.

Take care of yourself. We look forward to seeing you at your first follow-up appointment.