

# **DR. ELRASHIDY'S DISCHARGE INSTRUCTIONS**

## **K N E E   A R T H R O S C O P Y**

**These instructions compliment the information given by the nursing staff and therapists**

### **Wound Care**

- In general, keep dressings and incisions clean and dry
- A small amount of drainage & bleeding is normal. Call the office if you notice significant bleeding or if your dressing appears saturated
- You may shower & get incisions wet 48 hours post-op. 2 days after surgery, remove dressings, shower, pat knee dry and place Band-Aids at each portal site. If Steri-Strips are present, don't remove them.
- **DO NOT SOAK** the operative knee (i.e pool, hot tub, jacuzzi) for 3 weeks

### **Pain and Swelling**

- Ice your knee frequently to help with pain & swelling (cover with thin sheet or T-shirt). Aim for 20 mins/session, 4-5 times a day
- Elevate the operative leg to heart level for the first 72 hours after surgery when sitting or lying down
- Take pain meds as directed, wean as tolerated. Pain meds cause constipation so always take with a stool softener (Colace, Senekot)
- If prescribed, take anti-inflammatory medication, daily, as directed for 10 days.
- Move your ankle up and down (ankle pumps) throughout the day to improve circulation & decrease swelling

### **Weight-Bearing/Activity**

- Use crutches as needed for 1-2 days after surgery, wean after that. It is ok to weight-bear as tolerated (unless directed otherwise)
- Do not perform activities that increase pain/swelling (prolonged standing or walking) for the first week after surgery
- Avoid prolonged sitting (without leg elevated) or long distance travel for 2 weeks. Ok to return to work/school in 3-4 days
- You may drive once off pain meds and when knee feels fairly normal, with minimal pain & swelling (usually 1-2 weeks)

### **Exercises**

- PT may be prescribed to start 10-14 days after surgery. Begin working on knee range-of-motion as soon as comfortable (no later than 2 days post-op). Work on straightening leg fully, gradually bend knee as tolerated.
- SEE ATTACHED EXERCISES: Begin 24 hours after surgery. Aim for 20 reps, 2 times a day for 2-3 weeks

### **EMERGENCIES**

**Contact the office or the doctor on call if you note any of the following:**

- Unrelenting or worsening pain, swelling, or numbness
- Fever/chills (T > 101.5°). It is common to have a low-grade fever the first few days after surgery
- Redness or increasing warmth around incisions, continuous drainage/bleeding from incisions (small amount of drainage expected)
- Difficulty breathing or excessive nausea/vomiting

**\*\*If you have an emergency that requires immediate attention, proceed to the nearest emergency room.**

### **Follow-up**

- You can remove your dressing at 48 hours as noted above. Replace with new Band-Aids over each incision
- You will have a post-op visit scheduled at 10-14 days after surgery. If you don't have this appt, please call our office to schedule
- No driving or operating heavy machinery while on narcotic pain medication!

**Patient Signature** \_\_\_\_\_

**RN Signature** \_\_\_\_\_

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