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KNEE ARTHROSCOPY
DISCHARGE INSTRUCTIONS
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1. **DRESSING:** The gauze dressing may be removed 24-48 hours after surgery. The steri strips (paper stitches) should be left in place, as these are keeping the incision edges closed. Apply betadine swabs over the steri strips, and apply gauze and secure with paper tape (betadine, gauze and paper tape are available at any pharmacy or ask your pharmacist). This can be changed once per day until you return to our office for your first post-operative visit. It usually takes 10-14 days for the incisions to close completely, so the steri strips should be kept in place for that length of time.
2. **SHOWERING:** Although the dressings are in place over the incision sites, you must still protect them from getting wet for the first 2 weeks. You may shower 48 hours after surgery, we recommend that plastic wrap (i.e. Saran Wrap), or a garbage bag be wrapped around the knee for the first 10 days to protect it from getting directly wet. After 10 days, you can get the strips wet in the shower. Dry gently. The strips will begin peeling off at which time you may remove them completely. Please wait 3 weeks before using the bathtub, pool or Jacuzzi.
3. **BLEEDING:** In some cases, oozing from the incision sites may persist for several hours. If bleeding continues or appears excessive although the dressing is in place, please contact our office. There is a physician on call 24 hours each day. If the paper-like strips covering the incision sites are removed too soon, it may remove the clot covering the wound causing bleeding.
4. **SWELLING:** It is common to experience temporary swelling around the knee joint, which can cause stiffness and discomfort. This may last for days or weeks after surgery. To minimize the swelling, use an ice pack for approximately 20 minutes on and 40 minutes off for the first 24-48 hours based on your comfort. It is also helpful to elevate the leg on 1-2 pillows while sitting or lying down.
5. **RELIEF OF PAIN:** For mild pain you may use an analgesic such as extra strength Tylenol, taking 1-2 tablets every 4 hours as needed. Do not exceed 6 tablets within 12 hours. For moderate to severe pain, a prescription for Norco (hydrocodone), or something similar was provided. Take 1-2 tablets every 4-6

hours as needed, not to exceed 10 tablets in a 24-hour period. Do not take on an empty stomach and do not drink alcohol while using the prescription pain medication. If you should experience any side effects, please stop the medication and contact our office. If a refill is needed, please contact our office during business hours.

6. DIET: Following your surgery, drink plenty of fluids and eat somewhat bland, nutritious foods for the first 24-48 hours. Progress to your usual diet as tolerated.
7. NAUSEA AND VOMITING: Although this is unusual, both can be experienced after anesthesia and/or pain medications given during surgery. If you have a known tendency for this, please discuss it with your anesthesiologist prior to surgery. If this occurs after surgery, usually a little time and a clear liquid diet, resolves it. If vomiting continues for several hours, please contact our office.
8. DROWSINESS: After anesthesia, drowsiness may persist for several hours. It generally should not be cause for concern.
9. ACTIVITY: You were provided with crutches to be used for your comfort. Unless specifically instructed, you may discontinue their use as soon as you are comfortable walking without them (usually within the first 1-2 days). Do the straight leg lift exercises as you were instructed 2-3 times a day, 10-20 repetitions, as comfort allows. Let pain be your guide in regard to how much walking and exercise you do. During the first 7-10 days, the goal is to decrease swelling, increase comfort, and begin strengthening.
10. EXERCISES: Attached.
11. COMMON COMPLAINTS AFTER SURGERY: It is not uncommon to feel fluid within the knee as a result of the surgical procedure. In most cases the body reabsorbs all of this fluid. Also, occasional clicking with movement may occur as a result of the muscles that support the knee readjusting. Your strengthening exercises and time should alleviate this.
12. POSTOPERATIVE OFFICE VISIT: A postoperative appointment should be scheduled to see the doctor 7-14 days after your surgery. If this was not done prior to your surgery, please contact our office to schedule at (614) 545-7900.