



KNEE SCOPE DISCHARGE INSTRUCTIONS

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RETURN APPOINTMENT: Call to schedule appointment for the week after surgery.

DRESSING: Remove the dressing the day after surgery and cover the wound with gauze and an ACE-wrap. Do not remove the stitches or small tapes (Steri-Strips®) covering the incision.

BATHING: You may shower two days after surgery. Avoid direct spray on the surgical wounds and do not soak the wounds. Dry off the wound when finished and cover with gauze and an ACE-wrap.

ACTIVITY:

- **ELEVATE** the knee above the level of the heart as often as possible.
- **ICE** as often as possible (several times per day). ****THIS IS VERY IMPORTANT****
- **Gentle exercises:** Walking or gentle range of motion exercise on a stationary bike is acceptable immediately after surgery. Slowly progress activity.
- **Physical Therapy:** If needed, will begin after your first post-operative office visit unless otherwise noted.
- **DO NOT DRIVE** until no longer taking prescription pain medication.

ACTIVITY: Bear weight on the surgical leg per individual instruction by Dr. Quinby as every knee surgery is different. If placed in a brace, wear it until further instruction by Dr. Quinby.

MEDICATIONS:

- If you are **NOT** on blood-thinners, you **MAY** take ibuprofen (Advil®, Motrin®), naprosyn/naproxen (Aleve®), or any other prescription “anti-inflammatories.”
- **One half a tablet to two tablets** of your prescribed pain medication (oxycodone, hydrocodone, hydromorphone) may be taken every 4-6 hours as needed for pain. **Do NOT take more than a total of 12 tablets per day** [i.e., more than 4000mg of acetaminophen (Tylenol®, APAP)].
- Nausea is very common with these types of medications and can occur with all varieties of pain medications. It is not an “allergy.” Taking the medication with some food is best.
- **DO NOT** take Tylenol® in addition to the narcotic pain medication or drink alcohol while taking any Tylenol®-containing product such as cold/flu over-the-counter remedies. **You MAY substitute a dose of regular Tylenol® for a dose of the prescribed pain medication but do not take both at the same time.**
- Pain is typically at its worst 2-3 days after surgery.

PROBLEMS TO REPORT:

- Fever greater than 101°F.
- Incision becomes very red, progressively swollen, or is persistently draining.