Brian Badman M.D.
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PATIENT DISCHARGE INSTRUCTIONS
KNEE ARTHROSCOPY

The following is an outline of instructions and information for post-operative knee arthroscopy. Although you may have been told different information from friends or others, please follow these instructions specifically and if you have any questions, contact Dr. Badman. These instructions pertain to most knee arthroscopy procedures. If your particular procedure and instructions differ you will be appropriately informed by Dr. Badman.

Pain and Swelling:

It is normal to have pain and swelling in your knee after surgery. The swelling may last 2-3 weeks and the pain is variable. Acute pain, however, usually is relieved after the first 3-7 days after surgery. It is normal to see some bruising up to your thigh or down to your calf and ankle. Take your oral pain medication as directed for pain. If you have severe pain and swelling or redness in your calf that persists you should contact Dr. Badman. Swelling can be minimized by doing the following:

1) Make certain your bandage is not too tight. If it is, you may loosen it.

2) You will be provided ice packs to help with the pain and swelling in your knee. You should place a towel between the skin and the ice pack to avoid freezing the skin. You may use the ice packs as frequent as necessary and this is generally continued for the first 1-2 weeks after surgery.

3) Elevate your leg so it is above the level of your heart (i.e. if you are sitting, prop your ankle up on several pillows).

Dressing Care:

Keep your dressing clean and dry. There may be some bloody spotting on the dressing initially; this is normal. Excessive bleeding that soaks the dressing must be reported to Dr. Badman.

Remove dressing in 2 days and apply clean dressing or waterproof bandaids to your two incisions daily until your return visit

Do not apply anything to the wound (ointments,etc) and only place clean dressing over it with gauze and tape or bandaids.

Bathing:

Keep wound dry at all times. You may shower with a plastic bag covering your dressing or cover with waterproof bandaids. Glad Press and Seal also works very well as a sealant to prevent the wound from getting wet. Do not soak in water such as a bathtub, hot tub or swimming pool x 3 weeks.

Activity/Weight Bearing:

Left/ Right Leg

____Full weight bearing as tolerated ____Partial weight bearing ____Non weight bearing

____w/Crutches ____w/ knee immobilizer

Ankle and foot pumps should be started immediately and will help in swelling and minimize the risk of blood clot formation. You will start formal physical therapy after your first postoperative visit.

Diet:
Clear liquids and advance as tolerated.

Driving:
Do not drive unless cleared by Dr. Badman. You must be able to comfortably use the brake and gas pedal and be off all pain medication in general before you can be cleared to drive.

Medications:

Pain: **Norco**
___7.5/325
1-2 every 4-6 hours as needed
___10/325

Percocet
____5/325
1-2 every 4-6 hours as needed
____7.5/325

Nausea: Phenergan 25mg every 6-8 hours as needed

Other: _____

Warnings:
Notify Dr. Badman immediately if any of the following occur:
→ **Excessive bleeding**
→ **Excessive non-bloody wound drainage beyond the first 3-4 days**
→ **Poor pain control**
→ **Numbness or tingling of the foot not related to bruising**
→ **Fever > 101.5°F after postoperative day #3**
→ **Increased redness along incision**
→ **Calf pain or swelling**
→ **Any other concerns / questions**

Follow Up with Dr. Badman:
as scheduled on the appointment card provided to you today

Call 317-745-5403 to verify time if unsure.