

Presidio Surgery Center

A California Pacific Medical Center Affiliate

Office # _____

GENERAL POST-OPERATIVE INSTRUCTIONS - ARTHROSCOPY

1. Rest after your surgery. You may feel dizzy, lightheaded or sleepy for 12 to 24 hours after your operation. This is normal. Move **slowly**, and be especially careful on stairs. You should not drive or operate any mechanical or electrical devices until this feeling has worn off. On the next day you can do those activities that you feel able to do and within 3 to 4 days resume all normal activities **or as instructed by your doctor**. After a general anesthetic it is normal to feel a generalized aching and to have sore muscles for 24 to 48 hours. A sore throat may also occur.
2. Resume diet gradually. Begin with clear liquids and progress as you feel ready.
3. Do not drink alcohol, sign any important papers or make any important decisions for at least 24 hours after surgery.
4. The pain relievers prescribed by your doctor will usually relieve discomfort or pain. Take the pain medication as prescribed. It is best to maintain a regular schedule of pain medication for the first 24 hours post-operatively to achieve an adequate level of comfort. Remember to take pain medication with food. **CALL YOUR SURGEON IF PAIN CONTROL WITH THE PRESCRIBED MEDICATION IS INADEQUATE**. Pain will most likely not be eliminated but it should be tolerable. Do not take any aspirin products.
5. The doctor wants to see you: _____ . Call the doctor's office to make this appointment if it has not already been arranged.
6. Report to your doctor any temperature elevation over 100 degrees or persistent nausea and vomiting.
7. Keep all dressings clean and dry for _____. After that you may remove the bulky dressings and place band-aids over the surgical portals. If you have steri-strips (they look like pieces of tape), do not remove them.
8. Expect some drainage through the dressing for the first 24 hours. This is normal as the wounds are left open for this purpose. The drainage is comprised mostly of saline solution utilized during the procedure.
9. Keep the operative extremity elevated for 48 hours. **VERY IMPORTANT**: Do not let the operative extremity hang down for a long time. This will result in increased swelling and discomfort.
10. Apply ice 20 minutes on, 10 minutes off for the first 3 days to help control pain and swelling. **Do not get dressing wet.**
 Apply cold therapy as instructed by your physician
 Other: _____
11. FOLLOW ONLY THOSE ITEMS CHECKED BY YOUR DOCTOR:
 - ◆ _____ Toe touch weight bearing only
 - ◆ _____ Partial weight bearing with cane/crutches
 - ◆ _____ Progress to full as tolerated
 - ◆ _____ Non-weight bearing. Use crutches and brace as instructed
 - ◆ _____ Use crutches until you can bear weight comfortably
 - ◆ _____ Keep TED hose on until you are seen by your doctor
 - ◆ _____ Do 10 straight leg lifts, ankle rotations, and toe wiggling every hour.
12. If you have any questions please do not hesitate to call your doctor or the Surgery Center. For more explicit instructions consult your surgeon. **In the event of an emergency go to the nearest emergency room or call 911.**
 Crutch walking instructions given

A copy of these instructions has been given to the patient and/or patient's representative.

Signature of Patient/Representative: _____