



CAPE COD SPORTS MEDICINE INC.

ORTHOPEDIC SURGEON

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DIAGNOSTIC ARTHROSCOPY (INNERVUE) DISCHARGE INSTRUCTIONS

GENERAL:

1. You should not drive home after this procedure. Someone should drive you home.
2. A small amount of anesthetic agent was given during the procedure and may remain in the body for up to 12 hours after. Therefore, you should NOT drink alcohol or make important legal decisions during this timeframe.
3. Your doctor discussed the findings with you during the procedure and showed you on the screen in front of you. Findings will also be discussed with you at your follow-up appointment.
4. If not already scheduled, you are responsible for making a follow-up appointment in 7-10 days by calling the office at (508) 540-0200.

ACTIVITY:

You may resume your usual activities as tolerated. Place ice over your surgical site for 20 minutes per hour as needed for the first 24 hours after the procedure.

DRESSING:

A sterile dressing was placed over your wound. You should keep this dry for the next 24 hours, and then you may get it wet.

MEDICATION:

If you experience some discomfort after the procedure you may take Tylenol or an NSAID (non-steroidal anti-inflammatory) such as Motrin, Advil, Aleve, or ibuprofen, at home in addition to icing.

DIET:

Your regular customary diet is recommended.

FOLLOW-UP: You should call to schedule a follow-up appointment (508) 540-0200.