



CAPE COD SPORTS MEDICINE INC.

ORTHOPEDIC SURGEON

Donald E. O'Malley, M.D.
Lisa A. Mayhew, PA-C
Karen A. Trait, PA-C

KNEE ARTHROSCOPY DISCHARGE INSTRUCTIONS

PO BOX 765
360 GIFFORD STREET
FALMOUTH, MA 02540
OFFICE: (508) 540-0200
FAX: (508) 540-0201

GENERAL INFORMATION:

1. You cannot drive home after this surgery. Someone should drive you home and assist you into the house. Generally you should not drive until you've had your sutures removed by our nursing staff.
2. You should have someone assist you over the next 24 hours after surgery.
3. Anesthetic agents can remain in the body for up to 36 hours after surgery. Therefore you should NOT drink alcohol or make important legal decisions during this timeframe.
4. Your Doctor discussed your surgical findings with you in the recovery room. It is not unusual for you to have no or little recollection of that. He will discuss your surgical findings in detail and show you the intra-operative pictures at your follow-up appointment in 10-14 days.
5. If not already scheduled, you are responsible for making your post-operative follow-up appointment in 10-14 days by calling the office at 540-0200.

ACTIVITY:

Generally you should be weight bearing as tolerated on crutches or a walker, whichever is more comfortable. The Senior Centers sometimes have walkers available to borrow short-term. Denmark's, Prescription Center and Cape Medical Supply all have walkers to rent or buy. You can get rid of your assistive device as soon as your leg feels comfortable and secure. It is okay to ambulate around the house as much as possible after your surgery. There is a special Ice Pack on your leg with two gel-pads inside. You should have received two additional gel-packs to place in the freezer. Place ice on your knee for 20 minutes every hour you are awake for the first three days. Thereafter you can use it as needed, but especially after an exercise session.

DRESSINGS:

A clean & sterile dressing was placed on your wounds at the end of the operation. You may remove this bulky dressing on post-operative day # 5. Place Band-Aids over the small wounds and sutures. Replace the Band-Aids daily. Keep your bulky dressings clean and dry during the first five days. You may get your wound wet after you remove the bulky dressing.

MEDICATION:

You received a prescription for narcotic pain medications at your pre-op appointment. Generally Percocet is for severe pain and Tylenol #3 for moderate pain. The dosage for both is 1-2 tablets every 4-6 hours as needed for pain. You can use extra-strength Tylenol for mild pain. Narcotics can make you lightheaded, nauseous, confused and constipated. If these symptoms occur cut your dosage in half. Pain medication should be taken early in the pain cycle. It is harder to get rid of pain once established. If you have NSAID's (non-steroidal anti-inflammatory drugs) at home such as Motrin, Advil, Aleve, Sulindac, Ibuprofen or Piroxicam, you can take these for breakthrough pain not adequately controlled by narcotics.

DIET: Your regular customary diet is recommended

FOLLOW-UP APPOINTMENT: Make appt in 10-14 days. Call 540-0200 for appointment

If you experience fevers/chills, excessive bleeding, shortness of breath, chest pain, redness around wound with streaking, continuous nausea or vomiting report to the Emergency Department at once. Falmouth Hospital Emergency Department: (508) 457-3660