

## General Discharge Instructions Following Knee Scope Surgery with Dr. Morgan

1. **Diet** - Remember to start with liquids and light food. Advance as tolerated.
2. Take **pain medication** only as needed according to instructions on the bottle. Remember in the first **24 hours after surgery** your pain medication works better at “**keeping the pain away**” than “**taking the pain away**”. Be sure to cough and deep breathe regularly to keep your lungs expanded after surgery.
3. Notify Dr. Morgan immediately (**704-788-3155**) if you experience any **chills, fever** over 101.5 degrees, incision **drainage, calf pain** or **chest pain**.
4. **Do not get the incisions wet** until after your first post op visit with Dr. Morgan and when your sutures/staples are out. Be sure to keep your incision dry. Do not remove the sutures or the white steri-strip tape. If your dressing and/or incision(s) get wet, the dressing should be changed at that time.
5. **2 days after surgery** you may shower (**NO tub baths, hot tubs, Jacuzzi**). Take off the dressing that was placed in the operating room and place waterproof band-aids over the incision(s) (leave any white steri-strips in place if present). For showering cover the incision(s) (with Band-Aids over incision) with Saran Wrap or Glad “Press and Seal”.
6. After your knee surgery, you will need to elevate the leg to help reduce pain and swelling. Apply **ice pack** intermittently. Place 1 or 2 pillows under your **heel** (not knee) to make sure you knee is completely straight.
7. You may bend your knee as pain tolerates.
8. You may have been issued a **Cold Therapy Unit Polar Care**, it helps with swelling and pain control. Use the cold therapy unit as needed – meaning use it some (ie, 30 minutes x 4 times), but don’t leave it on, running all the time (your skin needs an occasional break from the cold). Remember do not place the cold therapy unit or ice directly on your skin.
9. If you were given **crutches** for knee surgery, use them as directed. You may put weight on your leg as pain permits, unless otherwise told (exceptions include meniscus repair and microfracture surgery).
10. Beginning the day after your surgery start performing straight leg raises. Lying flat on your back and keeping your knee straight, slowly raise your surgical leg 6-12 inches off the floor or table, holding it for a count of one, and then slowly returning it back to the table. Do 10 repetitions each, 3 times a day.
11. As discussed before surgery, **Physical Therapy** for almost all surgeries should be set up to start around 3 days after your surgery (unless otherwise stated by Dr. Morgan). **Patients are responsible for setting up their therapy after surgery. Please set up you post op physical therapy before your surgery to guarantee you will have an appointment around 3 days after your surgery.**
12. A **postoperative appointment** with Dr. Morgan should already be scheduled for you by the Surgery Scheduler. If you do not have a follow up appointment or questions regarding the timing of this appointment, please call 704-786-5122.

**Thank you for allowing me to participate in your care. Please contact me with any questions or concerns!**