

Case ID # DOS

Patient Name DOB Age Sex Surgeon

Operative Procedure

Doctor

If you experience problems that you feel warrant the attention of a physician and cannot reach your surgeon through his / her office number, please call Bozeman Deaconess Hospital at 406-585-5000 to have the surgeon on call paged or go to the nearest emergency room. In the event of an extreme emergency please dial 911.

- Activity:**
- Rest quietly for the remainder of the day
 - You may walk and bear weight to pain tolerance
 - You may use crutches if necessary
 - To reduce swelling and discomfort elevate your leg at or above the heart (on 2-3 pillows) for 2 days
 - You should have someone with you for the first 24 hours after you return home. It is not unusual to feel tired or drowsy the day after surgery. You may also experience mild headaches, muscle aches, sore throat or slight nausea after surgery. These symptoms should resolve in a day or two.
 - You may not drive for 24 hours after anesthesia, any time that you are taking narcotic pain medications, or while on crutches or wearing a knee brace. You should not operate machinery or make important decisions during this time.

- Wound Care:**
- Ice the operative site for 20 minutes out of every hour while awake for the next 3 days, then at the end of each day or after activity until your first post-op appointment. To prevent frostbite use a cloth barrier between the skin and ice.
- Keep dressing clean, dry and intact
- You may remove your dressing on:
Date:
 - You may shower and wash knee with soap and water after the dressing is removed. No soaking surgical site in bathtub, hot tub, or pool until cleared by surgeon.

Medications:
Get all prescriptions filled and take as directed. Always take pain medications with food and plenty of water.

Prescription given
 You may resume your regular medications
Exceptions: _____

Starting tomorrow to decrease your risk of developing a blood clot, take one enteric coated aspirin every day.

* To prevent constipation caused by narcotics it is highly recommended that you take a stool softener (Miralax, Colace), available over the counter, every day you are on narcotics and until bowel habits return to normal.

- Diet:**
- For today eat lightly, increase your diet as tolerated
Drink plenty of fluids
 - You should not drink alcoholic beverages for the next 24 hours or while taking narcotic pain medication

- * Follow up with your physician's office as instructed
- Notify MD / PA if you experience:**
1. Severe pain unrelieved by medication
 2. Persistent nausea and vomiting
 3. Excessive bleeding (bright red blood that saturates your dressing)
 4. Fever over 102°
 5. Shortness of breath
 6. Signs of infection at your incision site: redness, increased tenderness, foul odor or discharge
 7. Inability to urinate 6 hours after leaving the surgery center

ROCKY MOUNTAIN SURGICAL CENTER Arthroscopy Discharge Instructions MR #

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Patient Name DOB Age Sex Surgeon

The above instructions have been read and understood by me.

Relationship Date

Signature _____

RN Signature Date Time