



## DISCHARGE INSTRUCTIONS

### Knee Arthroscopy with Meniscal Debridement and/or Chondroplasty

#### POD # 0-2

- Relative bedrest – (The more you stay off your feet, the less swelling you will have)
- Ice and elevation – Ice for about 20 minutes/hour
- TED Hose – These will help prevent swelling as well as help prevent blood clots
- Do not place pillows under your knees
- Crutches if needed, but you may get up as tolerated
- You may remove your TED hose and dressings and take a shower on day #2. No Baths!
- Pain medications as needed
- Ibuprofen (2-3 over the counter pills 3x/day with food for the first 1 week). Stop if you develop any abdominal pain/ulcers
- Physical therapy on your own focusing on: Knee hyperextension and flexion, and straight leg raises

#### POD #3-14

- Increase activity as tolerated
- Continue TED hose until office follow up
- Continue Ibuprofen as recommended
- Wean off of narcotics
- If you are using crutches, try to wean off of them
- Walk without a limp – take shorter steps if needed
- Continue ice and elevation, especially after activity
- Work hard on your physical therapy

#### After first post-operative follow up:

- Resume activities as tolerated
- Continue ice/elevation as needed for swelling
- Driving generally is okay when off of all narcotics and you have good strength of your leg
- Formal physical therapy is an option if needed

**Questions: Call Becky at Miami Valley Hospital – 937-208-2091 or Heather at Atrium Medical Center – 513-705-4201.**

**After hours call 937-208-8000 and ask for the doctor on call.**

**Miami Valley Hospital**  
30 E. Apple Street, Suite 2200  
Dayton, OH 45409  
Tel: 937.208.2091

**Miami Valley Hospital South**  
2350 Miami Valley Drive, Suite 210  
Centerville, OH 45459  
Tel: 937.208.2091

**Atrium Medical Center**  
Professional Building 1  
200 Medical Center Drive, Suite 375  
Franklin, OH 45005  
Tel: 513.705.4201

**Beavercreek Office**  
Beavercreek Family Physicians  
1244 Meadowbridge Drive  
Beavercreek, OH 45434  
Tel: 937.208.2091

**Huber Heights Office**  
Good Samaritan  
Health Center  
6251 Good Samaritan Way  
Huber Heights, OH 45424  
Tel: 937.208.2091

**Sidney Office**  
1529 Fair Road  
Sidney, OH 45365  
Tel: 937.497.9810

**Springboro Office**  
At Springboro High School  
1625 S. Main Street  
Springboro, OH 45066  
Tel: 937.208.2091

**Troy Office**  
76 Troy Town Drive  
Troy, OH 45373  
Tel: 937.339.8399

**Vandalia Office**  
55 Elva Court  
Vandalia, OH 45377  
Tel: 937.208.2091