

**CONTACT YOUR DOCTOR IMMEDIATELY
OR GO TO EMERGENCY IF THE
FOLLOWING OCCUR:**

- Numbness
- Coolness
- Change in colour of skin
- Severe pain or bleeding
- Red streaks appear on the operative leg
- Drainage from the wound

DISCHARGE INSTRUCTIONS

KNEE ARTHROSCOPY

Langley Memorial Hospital
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Langley Memorial Hospital
Surgical Services





Description of Procedure

An arthroscopy is the visual examination of a joint with a fiberoptic lens called an arthroscope. The surgeon makes tiny skin incisions along the joint through which the arthroscope and other pencil-sized instruments are inserted. By attaching the arthroscope to a miniature television camera, the surgeon is able to see the inside of the joint.

Discharge Instructions

- Elevate the operative leg as much as possible after surgery for 3-4 days
 - Icing the knee for 15-20 minutes at a time will help to reduce pain & swelling
 - You may stand on the operative leg, as able, right after surgery
 - Your knee will be wrapped with a dressing. Your surgeon will give you specific instructions as to when you may remove the dressing. Do not get your dressing wet until permitted by your surgeon.
 - Start range of motion and quadriceps exercises as directed by your physician or physiotherapist and as comfort allows
 - You should take medication for pain as directed by your surgeon.
 - See your surgeon for follow-up as directed
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