

# Postoperative Discharge Instructions for Knee/Ankle Arthroscopy

## Diet/Nausea

Follow guidelines as outlined in [general anesthesia handout](#).

## Site Care

Padding and an elastic bandage will be applied around the affected area. Some doctors also order a knee immobilizer for comfort. The knee immobilizer and the dressing should be removed 2-3 days after surgery and a Band-Aid applied over the incision site.

## Pain/Comfort

A numbing medicine has been injected into the skin near the incisions to help control pain and discomfort for the first several hours. You should apply ice bags for 24-48 hours after surgery. Medicine to help relieve pain may be given if needed. Your doctor will give you this information.

## Activity

For the first two days, we encourage rest with the knee and ankle elevated above the level of the heart. The surgeon may order crutches and give specific instructions about putting weight on the leg. The patient may resume simple activities and return to school within 2-3 days after surgery.

## Urinary

If your child is unable to urinate for a period of 6-8 hours, contact Telehealth Nursing at 651-229-3890.

| [Make An Appointment](#)

[651-290-8707](#)

[Refer a Patient](#)

[651-325-2200](#)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).