

## Contact Us

### Urgent Questions or Concerns

Telehealth Nursing  
651-229-3890

### Other Questions About Your Care

St. Paul Clinic patients:  
Nurse Call Line  
651-578-5000

Patients at Other Locations:  
Contact a member of your  
Gillette health care team.

### Appointments

651-290-8707

## Books, DVDs and More

Find materials about  
disabilities, medical conditions  
and support for caregivers.

### Health Resources and Education

St. Paul campus, near  
fourth-floor skyway

651-229-3938

hre@gillettechildrens.com

# Postoperative Discharge Instructions for Knee/Ankle Arthroscopy

patient education  
DIS005

## 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.

## Questions or Problems

Contact Telehealth Nursing at 651-229-3890 if any of the following conditions are present:

- Fever over 101.5 F
- Throat irritation
- Severe pain