

**OUTPATIENT DISCHARGE INSTRUCTIONS**  
**Orthopaedic Specialty Institute**  
**Michael F Shepard M.D.**  
**KNEE ARTHROSCOPY and SYNOVECTOMY**

1. **Day of surgery: Instructions Immediate Post-Op**
  - A. Diet: as tolerated
  - B. Ice pack to knee every 1 to 2 hours, while awake, for 20 minutes.
  - C. Pain medication as needed every 4-6hours. It is helpful to take pain medication approximately one-half hour prior to exercise session.
  - D. CPM machine 6-8 hours per day – advance range of motion as tolerated.

*DO NOT place ICE directly to the skin – this will result in a burn and potentially serious wound complications. Always keep a pad between the ice and the skin.*

2. **First Post-Operative Day until Return Visit**
  - A. Continue ice pack every 1 to 2 hours while awake or at least twenty minutes prior to and after exercise session.
  - B. Pain medication as needed.
  - C. Exercise should be done to the best of your ability. Try to accomplish a little more each time you do them.
  - D. You may remove surgical bandage and shower this evening. Cleanse Arthroscopy sites with Peroxide or Betadine. Do not remove steri strips that cover your incision. These strips are used to keep your wound together and protect your stitches.
  - E. You will need to keep your op site(s) dry when taking a shower. You can cover your incision with a plastic bag or Ziploc type bag.
  - F. Unless otherwise noted, you can bear as much weight on the affected leg as you can tolerate. Most patients use crutches 3 to 5 days. The amount of pain you experience should be your guide for discontinuing crutch use.
  - G. If there is no brace on your leg, you may bend the knee as tolerated.
  - H. If you have a brace or a splint on your leg, this must be worn for all walking activities. The brace may be removed for showering. It may also be removed for short periods of time while relaxing as long as the leg is well supported.

**For Return Appointments**

4. Your post-op appointment will be 7-10 days after your surgery. This appointment needs to be scheduled before you leave the hospital or you can call our office at (714) 634-4567.
5. If you have any problems or questions please call our office at (714) 634-4567 during offices hours 8:00-5:00. If you have a problem after hours call (714) 634-4567 and the answering service will contact Dr. Shepard.
6. Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while you are taking pain medications, which includes operating machinery and/or driving a vehicle.

