**COLIN M. JACKSON, M.D., FRCS(C)**

**Orthopaedic Surgery, Hand and Upper Extremity Reconstruction**

**Suite 607 13737 96th Avenue Tel. No.: (604) 588-6528**

**Surrey, BC V3V 0C6 Fax No.: (604) 588-1241**

**KNEE ARTHROSCOPY**

**POST-OPERATIVE PATIENT CARE**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**INSTRUCTIONS:**

⯌ Use crutches for at least the first 48 hours until you can fully straighten the knee.

⯌ Ice the knee (20 minutes at a time) and knee elevated for the first few days to help reduce the swelling.

⯌ Take Advil, Tylenol, or Tylenol #3's as required for extra pain control (do not combine Tylenol and Tylenol #3's at the same time).

⯌ Do not get the dressings wet for at least the first 72 hours

⯌ Remove the dressing after 72 hours and replace with clean dry dressings

⯌ You may shower or bath the wound after 72 hours

**CONTACT MY OFFICE, YOUR GP, OR GO TO THE EMERGENCY ROOM IF:**

**⯌** You have unbearable pain, not controlled with the above methods

⯌ You have ongoing drainage after 48 hours

⯌ You have increased swelling and redness tracking up the leg

⯌ You develop a high fever in the first few days after the surgery

**CHECK LIST:**

□ Prescription \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

□ Physiotherapy □ Patient Choice □ Other

□ Self physio:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Follow-up:**

□ Family Doctor 7-10 days (patient to make appointment) for sutures wound check

□ Dr. Jackson: Location □ Ortho Cast Clinic: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(2nd Floor, Jim Pattison Outpatient Care and Surgery Centre 9750 140th St., Surrey)

 □ Office: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 □ Call for appointment; 604-588-6528

X-ray: □ NO □ YES Views\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Note: All “forms” should be dropped off at the office. There is a charge. Allow 3 weeks of completion.