

**ARTHROSCOPY
PATIENT INSTRUCTION SHEET**

Section of Sports Medicine
UCLA Department of Orthopaedic Surgery

- Dressings may be removed _____ days after surgery. Keep wounds clean and dry. Cover wounds with Band-Aids.
- Wear TED support stockings.
- Do not remove the dressings. Your doctor will remove the dressings.
- Bear weight as tolerated with crutches. You may discontinue the use of crutches when you can walk comfortably.
- Do not bear weight on operated leg. Use crutches as instructed.
- Other: _____
- Wear sling at all times. Do not remove until instructed by your doctor.
- Wear sling for comfort. You may discontinue the use of a sling when you are comfortable.
- You may bathe in a shower _____ days after surgery. Remove dressings, allow water to shower wounds and blot dry. **DO NOT** submerge wounds in bathtub, hot tub or swimming pool for 2 weeks.
- Keep wounds clean and dry – do not bathe until instructed by your doctor
- Contact physical therapy for appointment
 - Your own Physical Therapy
 - UCLA Physical Therapy (310) 794-1323
 - UCLA Student Health Physical Therapy (310) 794-4923
 - Santa Monica Physical Therapy (310) 319-4605
- Take prescribed pain medicine as needed for pain. You may switch to Tylenol a few days after surgery.
- Apply ice bags as needed for pain.
- Use cold therapy device as instructed.

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Your follow-up appointment will be on: _____
PLEASE CALL TO SCHEDULE THIS APPOINTMENT.

- UCLA Athletic Training Room
- UCLA Student Health (310)825-4073
- UCLA 100 Medical Plaza Suite 755, Westwood
 - Dr. Sharon L. Hame (310) 206-4161
 - Dr. David R. McAllister (310) 206-5250
 - Dr. Gerald Finerman (310) 825-6019
 - Dr. Ali Motamedi (310) 319-3811
 - Dr. Seth Gamradt (310) 825-0902

❖ **If you develop severe pain, temperature greater than 101.5°, inability to move extremity, severe bleeding, numbness, wound drainage or redness, call your doctor's office immediately. After hours or on weekends, call the UCLA Page Operator at (310) 825-6301 and ask for the Orthopaedic Resident on call or come to the Emergency Room.**