

**Surgery Center of Pinehurst
Home Instructions for Knee Manipulation**

Ice:

Ice will help relieve the swelling and pain. Use the ice bag on your knee as needed, 20 minutes on and 20 minutes off, until your follow-up appointment.

Medications:

Follow instructions carefully. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate/constipate, so drink plenty of fluids.

Activity:

You may return to your normal activities as soon as possible.

Follow-up Appointment:

It is important to keep your scheduled follow-up appointment.

If you have any problems or questions after your surgery, please call Dr. Moore's office at 295-0224.

Dr. Moore