

Knee Arthroscopy Helpful Hints

Pre-Operative Instruction

- No food or drink after midnight before your surgery.
- If your surgery date is within seven days, stop taking all vitamins or supplements (Fish oil, Turmeric, etc.) as well as nonsteroidal anti-inflammatory drugs (Ibuprofen, Aleve, Advil, or Motrin)
- A few days prior to surgery you will receive a phone call from the anesthesia department to go over your daily prescription medication list.
- During the surgery, a numbing medication like Novocaine will be injected. This will help alleviate some pain for several hours afterward. It is important to take your pain medication before the numbing effect wears off.

Post-Operative Medications

- Normally, Hydrocodone is taken every six hours; however, if the pain is severe, it can be used every four hours.
- Common side effects of Hydrocodone include nausea, constipation, and itching. To help with nausea, it is recommended to take the medication with food. We strongly advise taking an over-the-counter stool softener, such as Colace, to prevent constipation. If you begin to experience itching while using the narcotic medication, we suggest taking Benadryl and calling our office for further guidance.
- As your pain subsides, you can transition to NSAIDs or Tylenol for pain relief. Patients with normal liver function should not consume more than 4000 mg of Tylenol per day.
- You will also be prescribed a 24-hour oral antibiotic. Please take the first dose around dinner after you return home from surgery, and make sure to take it with food.
- Lastly, you may need to take 325 mg of aspirin for six weeks following surgery. We will discuss this with you before the procedure.

Post-Operative Bandage

- Your postoperative dressing has two layers. Your incisions were closed with stitches. Your stitches should be left in place until your first postoperative appointment.
- You will receive crutches prior to surgery, if you don't already have them.
- The second layer is a large white fluffy dressing that is loosely held in place with tape and the overlying compression stocking.
- Occasionally, there will be a small amount of blood in this dressing which is nothing to worry about, however if you see a lot of bleeding please call the office for further instruction.
- Unless directed otherwise, remove this dressing 3 days after surgery and place band-aids over the Steri-strips. After changing the dressing replace the compression stocking.

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Physical Therapy & Activity

- You may return to sedentary work only or school in 4 to 7 days after surgery as long as your pain is tolerable.
- Avoid long distance, traveling in cars or by airplane during the two weeks after surgery to avoid increasing your risk of developing blood clots.
- Perform ankle pumps with range of motion - two reps of ten every hour you're awake, promotes blood circulation, and helps prevent blood pooling which can lead to clots.
- The goal of physical therapy is to assess how your body has responded to the surgical procedure, promote healing, and ensure a safe return to activity. You will start physical therapy after your first post-operative appointment, you may start sooner if you go to physical therapy.
- An important goal following surgery is to minimize swelling around your surgical site. The best way to achieve this is to frequently apply ice. This is most important within the first 48 hours following your surgery. Apply for 15 minutes every hour that you're awake always keep a barrier in between your skin in the ice. This will help prevent frostbite.

THINGS TO WATCH OUT FOR

If you experience any of the following, please call our office at 315-329-2555

- Pain is increasing every hour despite the pain medication.
- Increasing redness around the surgical site.
- Excessive pain, and swelling around your surgery.
- Fever greater than 101.5°
- Unable to keep food down for more than one day.
- Excessive drainage saturates your dressing.