

Patient Information for Knee Arthroscopy

Day of Surgery:

- Arrive to the hospital/surgery center as instructed by medical staff.
No food, drink, gum etc. after midnight prior to surgery.
Ask the anesthesiologist about taking your regular medications prior to surgery.
Antibiotics will be given to you intravenously just prior to surgery.

Post Op Instructions:

- After surgery your knee will be sore. The knee will likely have been injected with numbing medicine prior to completion of the surgery for pain control. Depending on the procedure performed you may have a catheter inserted into your knee which injects pain medicine continually. We will supply additional instructions if this is done.
- Generally most patients will be allowed to place as much weight on the leg as tolerated unless told otherwise.
- You will likely require crutches or a walker which will be provided to you.
- Leave the dressings in place and keep them dry. You can remove them and place band-aids over the surgical wounds 5 days after surgery.
- Do not get the surgical wounds wet until instructed by the doctor.
- Some drainage from the wounds in the first 48-72 hours is normal. If drainage is excessive you may change the dressings with sterile gauze.
- Ice for 20 minutes per hour is good for pain control and management of postoperative swelling.
- Elevate the affected leg higher than your heart for 48-72 hours postoperatively to help keep the swelling down.
- A prescription for pain medication will be given at the time of surgery. It is best to begin taking these as soon as possible upon returning home. Take these as directed on the bottle.
- Schedule an appointment to return to my office within the first 7-10 days after surgery to have the sutures or surgical staples removed.

Possible Complications:

- Infection occurs in less than 1% of patients after knee arthroscopy. However, it can be a potentially serious complication. Some signs and symptoms of infection are redness around the surgical wounds, persistent drainage from the surgical wounds more than 48-72 hours after surgery and fever greater than 101 degrees Fahrenheit taken with an oral thermometer. "Feeling warm" does not necessarily mean you have a fever. You must take your temperature with an oral thermometer.
- Blood clot: This complication is exceedingly rare after knee arthroscopy. If you have a history of previous blood clots or if an immediate relative has had one, you should notify the doctor prior to surgery so that appropriate steps can be taken to avoid this complication.
- If you feel that you may be having a problem postoperatively related to the surgery you should call the office immediately. Problems that are caught early on can be corrected more easily than those recognized later.