

Pre and Post Op Instructions: **Arthroscopy Knee (Knee Scope)**

Pre Op Checklist:

- Wash operative leg and feet with soap and water to remove all dirt and skin oil. No lotions the day before surgery. Please trim toenails and clean dirt from underneath nails.
- Wear loose fitting clothes the day of surgery. Expect to have a bulky dressing postoperatively on your knee. Tight jeans are not appropriate.
- If you work, you will possibly have a work restriction. Please communicate with your work prior to surgery. Work restrictions will be discussed with ortho office prior to surgery.
- If you have crutches, or if you know of a family member or friend who can let you borrow crutches, please bring them to the day of surgery.

Surgery Day:

- Postoperative instructions will be given to your family member or friend that brought you to the hospital.
- Prescriptions for pain control will be given to you on the day of surgery.
- No eating or drinking after midnight on the day of surgery.

Post Op:

- Maintain dressings until the morning of postoperative day #3. (e.g. if surgery was on Tuesday, then ok to change the dressing on Friday)
- Ok to redress with 4 x 4s and tape from local pharmacy. Ok to shower the morning of postoperative day #3, no hard scrubbing of the knee.
- Ok for full weight bearing to operative leg. However, I strongly advise to take it easy. Do not power through pain. If ambulation is difficult, use crutches, walker, or a cane for assistance.
- **ELEVATE** all the time. This means a few pillows under the heel and knee. **Your knee should not be bent when elevating.** **ICE** the knee (30 min on, 15 off, and repeat...) – avoid frostbite.
- Take prescribed pain medication as instructed. You can take a small dose of ibuprofen over the counter as an adjunctive pain medication starting the DAY AFTER surgery as long as you have no allergies to ibuprofen, other drug interactions, or medical contraindications such as stomach or kidney issues. Confirm with your primary care physician if you have any questions regarding allergies or drug interactions.
- Physical therapy should be schedule 5-7 days after surgery. Please call the rehab facility where you are scheduled to confirm your appointment.
- Follow up appointment should be scheduled in advance before your surgery. Call my office at 800-622-6575 if you have any questions, or you can call my patient care line directly at 765-213-3885 and leave a message for my nurse.

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