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## Knee Arthroscopy

You have been scheduled to have knee arthroscopy surgery. Here are some guidelines regarding your pre-operative and post-operative care.

1. Prior to surgery, you may see a physician assistant (PA) or certified athletic trainer (ATC) in clinic to instruct you on postoperative range of motion exercises. Not everybody will see a PA or ATC before surgery.
2. You may be scheduled for a pre-operative evaluation by a medical physician. At this appointment, the medical physician will review your entire health history and medications to determine whether any testing is required prior to having surgery.
3. Please remember **do not** eat or drink anything after midnight on the day before surgery. You may be asked not to take certain medications around the time of surgery. These generally include blood thinning medication, such as aspirin, Plavix, warfarin and NSAIDs (i.e. Ibuprofen, naproxen). You **should** take certain medications on the morning of surgery with a small sip of water. These medications will be specifically discussed with you prior to surgery.
4. You will be scheduled for a post-operative appointment with Dr. Shook approximately five to ten days after surgery. At this follow-up visit, he will assess your wound, check and remove sutures if necessary and discuss the findings during surgery.

### General Post-operative Guidelines

1. Most patients are provided with a cooling pack on the day of surgery. You should use this over the affected area for 30 minutes at a time, six or seven times per day, during the first 72 hours after surgery. After the first 72 hours, you should continue to use the cooling pack at least three to four times per day. It is important not to let the cooling pack directly touch your skin. Place a barrier such as a towel, between the cooling pack and your skin. **Even if the cooling pack may not seem to be making the area cold, it is still helpful at decreasing your swelling and pain.**
2. If you are instructed to wear a brace after surgery, you may loosen or take off the brace when you are awake and lying down. You should wear your brace anytime you get up to move. You should sleep with the brace on, unless you are instructed otherwise.
3. You will be given a list of post-operative instructions after surgery that includes some exercises that you should do starting as soon as possible after surgery. It is very important that you do these exercises in order to avoid post-operative stiffness, leg swelling and blood clots.
4. Keep all dressings and incisions clean and dry. You will be given instructions after surgery to either change the dressing or leave it in place until you are seen by Dr. Shook.
5. You will be placed in thigh high compression stockings on both legs the day of surgery. It is **very important** that you wear these until Dr. Shook instructs you that you may remove them. You may remove them for a brief period for hygiene purposes, but then they should be reapplied.
6. Your ability to return to work includes many factors, such as the type of surgery done and the type of work that you do. It is generally recommended that you do not drive a motor vehicle during the time that you have been instructed to wear your brace. If you have any questions about specific activities, please discuss these with Dr. Shook or his assistants.

7. We do our best to control your pain after surgery. You will be given a prescription for pain medication after surgery. We recommended that you take this medication as prescribed. If you have any allergies to certain medications, please bring this to our attention prior to surgery. Also, you may be instructed to take an anti-inflammatory medication after surgery. This type of medication may help reduce the amount of pain medication that you require after surgery.

**Please call our office immediately or go to the emergency room if you experience any of the following:**

- Pain uncontrolled by your medication and the above measures
- Redness, drainage or increased pain around your incisions
- Persistent numbness in your leg or toes after your nerve block has worn off
- Severe leg or foot pain, or unusual amounts of swelling in the leg or foot
- Fever greater than 101.5 degrees Fahrenheit more than 48 hours after surgery (it is common to have a slightly elevated temperature within 48 hours of surgery)

**There is always somebody "on call" at OrthoIndy 24 hours a day, 365 days per year to answer your questions. Please call the office at 317.575.2700 and the operator will connect you to the physician on call.**