

Knee Arthroscopy Instructions Page

Pre-Op Instructions

Surgery Scheduling

- Dr Gordon's medical assistant Alexa will be responsible for scheduling your surgery. You will likely have an opportunity to meet with her during your office visit in order to pick your surgery date.
- You may also opt to call and schedule your surgery at another date. Her direct number is 847-324-3914.

Medical Clearance

- You are required to see your Primary Care Physician to obtain medical clearance prior to proceeding with surgery.
- Medical Clearance must be done within 30 days of your surgery date. This includes:
 - Updated physical
 - Bloodwork: CBC, BMP, PT/INR
 - EKG
 - If deemed necessary by your PCP, you may also need to see a specialist such a cardiologist.

Medications to Discontinue (unless specified by your PCP)

- Discontinue all Anti-inflammatory medications (NSAIDS) 7 days prior to surgery. Examples include: Ibuprofen, Advil, Aleve, Mobic, Voltaren.
- Discontinue all anti-platelet and anticoagulant medications 7 days prior to surgery. Examples include: Aspirin, Plavex, Coumadin

Pre-op Physical Therapy

- You will be discharged from the hospital with crutches. You may wean off of these within 2-3 days. If you have never used crutches before, it may be beneficial to work with a physical therapist for one session prior to surgery for "crutch training."
- If you opt for this, a prescription can be provided upon your request

Post-Op Instructions

Activity

- You may weight bear as tolerated on your operative leg. You will also be discharged with crutches for added support. Use these as needed for the first 2-3 days and wean off of them based on your comfort and pain level.
- Engage in only simple walking and range of motion exercises until your first office visit.
- Do not do any sporting activities, running, squatting, excessive stair climbing or weight training.
- Do work on gentle range of motion exercises: bend and straighten your knee as much as possible.
- Formal Physical Therapy will be discussed at your first post-op visit

Dressing/Wound Care

- Leave your operative dressing on for 48hrs, then remove and use band aides as needed. If incisions are dry with no drainage, then you may leave them open and shower.
- A small amount of clear/bloody drainage is normal
- If the ace wrap is too tight or slides down, you may remove it and rewrap at your convenience.
- **Pain Management**
- A prescription for pain medicine will be provided for you prior to your leaving the hospital or surgery center
- You may also take over the counter medications such as Tylenol or Ibuprofen for less severe pain
- Do not take Aspirin for 72hrs after surgery unless otherwise specified

Ice

- Ice your knee for 20 minute intervals 3-4 times a day to help with pain and swelling
- Swelling and bruising are normal and will tend to track down your leg with gravity. Elevate your leg when sitting to help with this.

Follow-Up

- Dr Gordon would like to see you back in the office 7-10 days after surgery. This appointment may be made in advance when scheduling surgery.
- Stiches/Sutures will be removed at this time

Physical Therapy

- Formal therapy is not always necessary for all patients. This will be discussed and recommended based on your first follow-up exam
- If appropriate, you will be given a therapy prescription during your post-op visit
- Concerns (Notify Dr Gordon if you have any of the following)
- Fever greater than 101 degrees
- Redness around incisions or purulent drainage from incisions
- Excessive pain
- Calve redness and pain