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Ventura

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Knee Arthroscopy Instructions

We are planning an outpatient procedure, which means that you will likely go home about an hour or two after your surgery. The surgery itself will usually take less than one hour.

You will have a chance to speak with the anesthesiologist prior to the surgery to discuss the kind of anesthesia that you will require. Please don't eat or drink anything after midnight prior to surgery.

We will send a prescription for pain medication to your pharmacy at the time of your pre-op visit - so you can get it filled prior to the surgery. I usually inject some pain medication after the surgery that can last about 6 hours. Take your pain med at home when you need it. After surgery eat lightly because nausea is not uncommon the first day after anesthesia.

The surgery is done by minimally invasive technique, so there are usually two small incisions, which I close with sutures. I put steri-strips over the sutures. You can take your dressing off the day after surgery. There may be a little drainage that will require a bandaid or small gauze dressing. Keep the wounds clean and dry. On the third (3rd) day after surgery you can take a shower. Let the water run off the wounds, but don't soak them in a bathtub or hot tub.

Use your crutches as needed. You can put whatever weight is comfortable on the leg as instructed by the Physical Therapist. Keep your leg elevated and apply ice. Use an ice pack wrapped in a towel at least 20 minutes every couple of hours while awake for the first few days. Try not to be too active for the first week after surgery.

I recommend that you take a baby aspirin, 81mg, once a day for one month after the surgery to help prevent a blood clot in your leg.

I will see you in the office a few days after surgery to explain exactly what I did to fix your knee, and I will show you pictures of the surgery. During that visit, I will likely remove the sutures and give you exercises and/or physical therapy as indicated.

Please call us if you are having trouble or have any questions at 648-3902, ext. 106, ask for Angela.