

## Arthroscopic Knee Procedures

### Pre-Operative Surgery Instructions

**YOUR CARE TEAM:****Marie Rivers, PA-C****Rebecca Cheski, Team Lead (779) 220-5018****Julia Clum, Surgery Scheduler (779) 220-5023****PRIOR TO SURGERY YOU NEED:**

- Pre-operative physical exam (within 30 days of surgery) with your primary care doctor (Notify Rebecca with date)
- Medical clearance if you see any specialists, such as a cardiologist or pulmonologist
- A complete list of medications (prescription and over-the-counter)
- A pre-operative appointment (Notify Rebecca with date)

**THINGS TO AVOID:**

- **Dental Work** - 2 weeks before and 6 weeks after surgery. In case of dental emergencies, during this time, you will need to be pre-medicated with antibiotics.
- **Medications**
  - 7 days prior to surgery, all patients must stop medications that **thin or anti-coagulate** the blood; such as: Ibuprofen (Advil or Motrin), Aspirin, naproxen (Aleve), nabumetone (Relafen) and all other anti-inflammatory medications that affect blood clotting.
  - 7 days prior to surgery stop all **over-the-counter herbs, supplements** such as Fish Oil, Co-Q10 and Saw Palmetto, all vitamins and minerals. You may restart them post-op Day 1. Phen Phen must be stopped 14 days prior to surgery.
  - Special arrangements may be required before you stop blood thinners such as: Coumadin, Plavix, Eliquis, Pradaxa, Arixtra and Xarelto. Contact your prescribing physician for instructions on discontinuing use.
  - **DO NOT take pain medication with alcohol, recreational drugs, etc.**
  - **NO driving while taking any narcotics**

**Night before Surgery**

DO NOT eat or drink anything after midnight the night before (including coffee, milk and gum). The surgical facility may provide other instructions. Certain medications can be taken the morning of surgery with a sip of water. Confirm this with your Primary Care Physician and anesthesiologist. For example, some diabetic medications may require special dosing. Instructions will be provided by your physician.

### Surgical Site

If your surgical site has any type of insect bites, skin irritation, rash, or acne, please call *Rebecca* or contact us through *your patient portal*. **Such conditions could be cause for cancellation of surgery.**

### Medication:

- **Pain Medications Refills** - Refills after surgery will be filled Monday through Friday 8AM to 3PM only – allow up to 48 hours to have your prescription filled. All pain medications are handwritten and must be picked up at the office. NO prescription will be issued on weekends or after 3PM on weekdays.
- **Nausea Medication** - You will receive a prescription for nausea. Prescription will be e-prescribed to your pharmacy.

### Stool Softener

The pain medication can cause constipation so make sure you are staying well hydrated with water/fluids. If you have not used a stool softener in the past Senecot-S is a natural stool softener that can be purchased over the counter at your local pharmacy.

- Take 2 Senecot-S the night before surgery.
- To help prevent constipation, following your procedure, we recommend you take 2 Senecot-S a day while taking your narcotic pain medication

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## Post-Operative Instructions

### Bathing/Dressing Change

- NO submersion of the effective extremity in a bath tub, hot tub, or swimming pool for 2 weeks after surgery.
- NO showering for 3 days. On 3<sup>rd</sup> day remove bulky dressing and shower (unless otherwise directed) Leave steristrips. **DO NOT COVER.**
  - NO scrubbing of the incisions.
  - If there is excessive drainage, please contact the office.

### Physical Therapy

We would like you to start physical therapy 2-3 days after surgery. You will be given a prescription at your pre-operative appointment. We would like you to schedule this as soon as you can, so there is no delay in your post-operative care.

### FMLA/Short Term Disability Paperwork

Check with your employer. Allow 5-7 business days for any forms to be completed by our office.

### Dental Work

For emergency dental work in the first 6 weeks after surgery you will need a preventative anti-biotic. Medications as follows:

- Amoxicillin 500mg – 4 capsules 1 hour prior to dental work
- If *allergic to penicillin*, Clindamycin 300mg – 2 capsules 1 hour prior to dental work

### DVT Precautions: Understanding thromboembolic (Blood clot) prevention

- **Stockings** - Compression stockings should be worn until your first post-operative appointment.
- **Frequent Ambulation** – You should be up and walking around as much as possible, bearing full weight on the surgical leg. Crutches **ONLY** if needed.
- **Aspirin Therapy** - For patients 21 years of age and over we would like for you to take a low dose aspirin 81 mg, twice daily for 28 days from date of your surgery. This is done to help prevent a blood clot.

### Traveling/Driving

Please notify us if you will be traveling within one month after surgery.

NO air travel for 2 weeks post-op.

If you will be driving long distances:

- Wear your compression stockings
- Pump your ankles periodically
- Get out and walk around every two hours.

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### Post-Operative Problems? Call if...

- Redness, drainage in the operative area
- Calf tenderness or pain with movement of leg
- Fever over 101.5°
- Severe pain not relieved by pain medication
- Any unrelieved nausea or vomiting

### NOTES

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