

# **Orthopaedic Specialist of Texas**

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## **Knee Arthroscopy** **(Chondroplasty, Menisectomy, Lateral Release)**

### ***Before Surgery***

1. Do not eat or drink anything after midnight the night before surgery. Note: If you take medication on a daily basis, you may take your medication in the morning with a sip of water.
2. If you take a blood thinner of any kind including Aspirin, Plavix, Coumadin, Ibuprofen, Mobic, Naproxen, Vitamin E, diet pills, or herbs, stop taking the medication at least 7 days before surgery. You may continue to take Celebrex up until your surgery day.
3. Please arrive at the hospital at the specified time.
4. This is a day surgery so please have someone there to take you home after surgery.

### ***After Surgery***

1. Bandages may be removed in 2 days after surgery. You may place Band-Aids over incisions. You do not have to reapply ace unless you have significant swelling.
2. You may shower 3 days after surgery, but do not soak in the bathtub.
3. Start knee exercises the second day after surgery.
4. Use cryo-cuff or ice bag given to you at the hospital 3-4 times per day for 20-30 minutes at a time for 1 week, and then as needed.
5. You may ice and elevate your leg to decrease swelling.
6. You may walk with crutches or walker putting as much weight as you can tolerate on the affected leg. You may get rid of crutches when you can walk without a limp.
7. If your right knee was operated on, you may not drive for at least 3-5 days.
8. You may start taking all of your previous medications after surgery.
9. You will need to return to the clinic 2 – 3 days after surgery to have your stitches removed and for a post-operative check up.
10. Physical Therapy will contact you prior to surgery to set up a rehab appointment starting 2 days after surgery.

Note: Any paperwork that needs to be filled out for disability needs to be dropped off at the front desk. The fees for paperwork are posted at the checkout counter. Payment must be received before papers will be filled out. Allow 5-7 business days to complete.