



**Brent M. Lawrence, MD**  
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## **SURGERY INSTRUCTIONS FOR KNEE ARTHROSCOPY**

**Surgery Date:** \_\_\_\_\_

The surgery center or the hospital will call you the day before your surgery with the estimated surgical time and check-in time. If you have not heard from the surgery facility regarding your surgery time, please call them directly. Dr. Lawrence's office cannot give you your surgery time.

### **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.**

You may take medicine **blood pressure/heart medication, stomach medication, anti-seizure medication** the morning of surgery with a tiny sip of water. Anything else you might eat or drink the morning of the surgery will necessitate canceling your surgery.

**DO NOT** take insulin/oral diabetic medication or diuretics (water pills) the morning of surgery. Please notify the pre-op nurse when you arrive that you are diabetic.

**STOP** all aspirin products/blood thinners/arthritis medications 3-7 days prior to surgery (Refer to the "Medications to Stop Before Surgery" handout for specific instructions). Please review your list of medications with the nurse and note which ones should be discontinued prior to surgery. Bring all home medications in original bottles with you to the hospital on the day of surgery. If you have any questions regarding your medications, please contact our office.

Please advise Dr. Lawrence if you are currently taking blood thinners, have a history of heart surgery or history of blood clots in your legs or lungs. Failure to do so could result in your surgery having to be rescheduled.

**DO NOT** chew gum, dip or smoke the morning prior to surgery.

You must remove all jewelry and body piercings prior to surgery. Metal attached to the body is not allowed in the operating room. Please remove all fingernail and toenail polish.

**You will need to have someone with you to drive you home following your surgery! You will not be allowed to drive yourself home.**

The day of surgery, you will be taken to the operating room holding area thirty to sixty minutes before your operation. There, the holding room nurse and anesthesiologist will talk to you about your medical history and answer any questions you have before taking you to the operating room. The scheduled time of your operation is approximate; delays may occur due to changes in the surgical schedule, although the time varies with each individual case.

You will need to wear loose fitting shorts, such as gym shorts, jogging shorts, or sweat pants the day of your surgery. These must be able to fit over the dressing on your knee and be easy for you to put on after surgery.

You will need to use ice packs to help reduce swelling in your knee post-operatively. Swelling following surgery is normal, but ice and elevation of the leg will help control and reduce the amount; this will also help decrease discomfort and help you regain your motion.

The type of dressing or immobilization you will have depends on the surgery that was performed. Arthroscopy requires only a dressing and Ace bandage on your leg and knee. However, in some instances, a splint or knee immobilizer will be used. Pain in your knee is expected in the immediate post-op period. Pain medication will be available when you need it. If you received a block prior to surgery, often times, you will experience a spike in pain as the block wears off, usually 12 to 24 hours after the procedure.

If no complications arise and surgery has proceeded as planned, you will go home as soon as you awake and are stable enough to do so. This is usually about one to three hours after surgery.

After surgery, you will start physical therapy. Physical therapy is a very important aspect of your rehabilitation. You will be taught exercises to strengthen your muscles and to stretch as needed. These exercises will have to be done regularly. Your physical therapy should be arranged prior to your surgery. The physician's nurse will give you a prescription for physical therapy that will need to be taken to the physical therapist. The total time for rehabilitation depends on the condition and surgery.

If you or your family has questions or concerns, please contact Ashlee in our office at (501) 321-0555.