



BEFORE & AFTER YOUR KNEE ARTHROSCOPY

Before

- Make sure you pick up your prescription medicine
- Night before surgery: *No eating/drinking/gum/mints after midnight!*
You may take certain medications with a sip of water the morning of surgery (Celia will advise you which ones)
- Arrive at least 1.5 hours prior to scheduled surgery time
- Have someone available to take you home after surgery (you will not be permitted to drive yourself)

After

- You will be going home with a soft dressing and crutches
- You may put as much weight on the leg as is comfortable
*IF meniscal repair, knee must be straight in brace while walking (you can remove the brace while off of your feet)
- If provided, use the ice cooler 30 minutes on, 1 hour off
Never let the ice machine touch skin directly (eg. Use a wash cloth in between skin and ice pack)
- You may remove dressings two days after surgery, but leave the steri-strips (band aids) on
- You may get the knee wet in the shower starting **7** days after surgery and dab dry
- You may submerge the knee in a bath @ **14** days after surgery
- While seated or lying down, begin to bend the knee as much as you can tolerate the same day as surgery
- If you develop fevers, chills, drainage, or sudden increase in pain, call the office immediately