



## **IMPORTANT REMINDERS REGARDING YOUR KNEE ARTHROSCOPY**

### **Dr. Singer**

Your surgery facility will call you the day before the surgery to let you know what time you are to arrive. Please be sure to bring your surgery folder and walker/crutches with you. Please discontinue any vitamins, minerals, or herbs 10 days prior to surgery. If you have a question regarding taking medication the night before or the morning of surgery, please contact your surgical facility for instructions.

Arthroscopy involves the use of fluid as a viewing medium and because bleeding surfaces may be exposed, this fluid will become red tinged as it may leak through the incisions and onto your dressing. It is unlikely that there is a significant bleeding problem. Feel free to reinforce the dressing with dry dressings the first night after surgery. However, if a concerning amount of fluid is leaking through the dressings or the dressings become dampened with blood, please call our office.

Your dressing may be removed the 3rd day following surgery. Simply remove your dressing and place band-aids over your incisions. It is important to keep your incisions dry and covered until your post-op appointment. Showering is permitted following surgery. Do not put any ointments or creams on the stitches. Please do not immerse your knee in a bath until cleared by surgeon at post-operative appointment.

In most cases, you may use the crutches or walker as needed, but feel free to walk without the crutches when you feel stable. Some special circumstances require no weight on the operative leg. Please call the office if your weight bearing status is unclear. If you experience an elevation in temperature or weakness, numbness or tingling in the feet or any other significant medical problems, please call my office immediately.

You will be given several medications to use after surgery. These medications will be given to you after surgery. You will be provided with something for pain control and nausea medication if needed.

Following surgery, it is important to elevate your leg above heart level and routinely ice your knee; both will help control swelling and discomfort.

During your first office visit after surgery, we will go over your surgical findings and your sutures will be removed. In some cases, physical therapy is required following surgery, and this will be discussed at your appointment.

Please call the office if you have any questions or concerns before/after surgery.

Thank You, Dr. Singer