

3851 Katella Ave, Suite 202

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www.BeachOrthopaedics.com



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DR. ARSHI KNEE ARTHROSCOPY INSTRUCTIONS

BEFORE SURGERY

GENERAL GUIDELINES

- Please stay in touch with Dr. Arshi's office and his surgical coordinator Marleni with any questions or concerns. Contact information is at the end of this guide.
- If you develop a cold, fever, any type of illness or any other procedures (including dental) prior to your procedure date, notify our office immediately.
- Please arrange for transportation to and from the hospital/surgery center.
- Plan to bring your glasses, hearing aids, dentures or other assistive devices with you if you rely on them.

MEDICATIONS AND SUPPLEMENTS:

- *Blood thinners:* Medications such as Coumadin, heparin, aspirin, Warfarin, Xarelto, Eliquis, Pradaxa, Plavix and non-steroidal anti-inflammatory drugs (NSAIDs) affect the body's blood clotting capabilities. These medications are usually stopped 7-10 days prior to surgery. Please contact your primary care physician regarding a stop date for these specific medications.
- *Beta-Blockers:* You can take your daily beta-blocker the morning of surgery with a small sip of water
- *Diabetics:* if you take insulin or an oral hypoglycemic, contact your primary care physician for instructions on how to manage your diabetes for the night before and the morning of surgery
- *Inhalers:* you may use your inhaler the morning of surgery and please bring it with you on the day of surgery
- *Vitamins and Supplements:* due to interactions with anesthesia, the anesthesiologist requests you STOP all herbal, supplements and vitamins 7 days prior to your surgery.
- You must stop all weight loss medication Ex: Phentermine, at least 2 weeks prior to surgery

DAY BEFORE SURGERY

- The day before your surgery you should eat a normal meal for dinner and drink plenty of fluids, 6-8 glasses of water or juice, unless you are on a fluid restriction or your surgeon has specified otherwise.
- Do not drink alcoholic beverages or smoke for 24 hours prior to your procedure.
- In an attempt to prevent infection, shower the night before and the morning of surgery.
- Remove all jewelry, makeup, finger/toe polish and body piercings prior to arrival at the hospital or surgery center.

DAY OF SURGERY

- Nothing to eat or drink after midnight the day of surgery *unless* otherwise instructed by your physician or the nurse from Surgical Services. This includes hard candy, mints, gum or sips of water (except to take for medication), unless otherwise instructed. Brush your teeth, but please swish and spit out the water, do not swallow.
- Do not bring any valuables with you to the hospital or surgery center
- Bring all applicable insurance cards and a photo ID with you.
- Do not wear contact lenses. If you wear eyeglasses, bring a case to store them in while you are in surgery.
- Wear loose fitting clothes and low-heeled, closed toe shoes
- Be sure to give any personal items to family or friends to hold while you are in surgery.
- Patients staying overnight may bring a bag of items you may need for your hospital stay such as toiletry items, slippers, robe and a change of clothes for your discharge. Please leave your bag in the car and have your visitors bring it to you when your post-op room is assigned.

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AT THE HOSPITAL OR SURGERY CENTER

- The hospital or surgery center will call you the day before to inform you on when to arrive. You should arrive at least 1.5 to 2 hours prior to your scheduled surgery time.
- When you arrive, go to the main hospital/surgery center entrance. You will be directed to Surgical Services.
- One family member or friend may accompany you during the admission process. After you are admitted, additional visitors may join you in the pre-surgical area, however the number of visitors at any one time is limited to two.
- In the pre-surgical area, you will meet your anesthesiologist and speak with Dr. Arshi prior to your procedure. This gives you time to ask questions and address any concerns you may have prior to surgery.
- You will be discharged on the same day after surgery, likely within 4-6 hours after your surgery start time

POST-OPERATIVE INSTRUCTIONS

WOUND CARE, DRESSINGS AND SHOWERING

On post-operative day 3 you may remove the bulky dressings and you may notice some swelling and bruising to the thigh, knee and leg which is normal after surgery. Your incisions were closed with non-absorbable sutures. Use the compression stocking for 2 weeks. You may shower on post-operative day 1, however, you must keep your bulky dressings clean and dry until they are removed (i.e.. wrap leg in trash bag). After removing your dressings on post-operative day 3, you may rinse with soap and water but no soaking or scrubbing of the incision. When drying off, pat dry the incisions. You can apply band-aids over the incisions to keep the incisions clean.

Until cleared Dr. Arshi:

- Do not use a hot tub, Jacuzzi, swimming pool, bath or submerge yourself in any other body of water.
- Do not apply any creams, lotions or ointments over the incisions.

BRACING, WEIGHTBEARING AND ACTIVITY

- A brace is typically not needed but you may be given crutches or a cane to assist with weight bearing after surgery
- You may progress to weightbearing as soon as you can tolerate and have no restrictions on your range of motion
- Limit your activity for the first week and no impact sports or cutting/twisting for the first 6 weeks.

EXERCISES

- The goal of the exercises are to strengthen your quad (thigh) muscles, which are important in keeping your knee strong. Exercises are to be done non-weightbearing. Goal is 25 reps, 4 times a day.
- **Quad Sets:** Straighten the knee by tightening the quad, flexing the ankle (toes point to ceiling), and pushing the back of the knee into the floor. Hold for a count of 10 seconds.
- **Straight Leg Raises:** With tight quad position as above, slowly raise the straight leg off the floor and hold for 10 seconds.
- **Passive Range-of-Motion:** Use your hands to lift your upper thigh to bend your knee then straighten it.

PAIN MANAGEMENT, ICING AND SWELLING

A pain medication prescription will be given following surgery. Pain medication may alter your ability to drive, and it is illegal to do so while on the medication. Also, do not make major life decisions while taking the pain medication as you may be impaired.

Icing the knee is a great way to reduce pain and inflammation while also reducing the need of pain medication and speeding up the recovery process. Ice the knee multiple times a day and always after physical therapy. Never apply ice directly over the skin, wrap the ice around a small damp towel and apply it to the knee for 20 minutes at a time.

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Alternatively, you may utilize a continuous flow ice machine. Elevation of your leg will also help with reduction of pain and swelling. When elevating your leg, place cushions or pillows under your heel and calf so that your knee is at least 12 inches above the level of your heart.

MEDICATIONS

Pain medications following knee arthroscopy are typically:

- Tylenol 500 mg every 6 hours as needed for mild to moderate pain
- Meloxicam 15 mg once daily as needed for mild to moderate pain
- Tramadol 50 mg every 6 hours as needed for severe pain

Additional medications:

- Aspirin 81 mg twice daily for 14 days – reduces the risks of blood clots

As needed medications:

- Polyethylene glycol (Miralax) 1 packet dissolved in 8 ounces of water twice daily as needed for constipation
- Famotidine (Pepcid) 20 mg daily as needed for stomach irritation (with aspirin)
- Ondansetron (Zofran) 4 mg 1 tablet every 8 hours as needed for nausea/vomiting

PHYSICAL THERAPY

Call the physical therapist recommended by your surgeon. Physical therapy typically begins after your first post-op visit and a prescription will be provided. In the meantime, continue the exercises on your own as recommended above.

POST-OPERATIVE VISIT

You will have your first post-op visit within 2 weeks following your surgery. If you have any questions or concerns before then, call the office to speak to our on-call provider. Signs and symptoms to look out for include fever over 102°, difficulties breathing, increased pain and swelling to the calves.

IMPORTANT PHONE NUMBERS

Marleni B. (Beach Orthopaedic Specialty Institute)
Surgical Coordinator
(562) 206-0177 Option 3

UCI Health – Los Alamitos
3751 Katella Avenue
Los Alamitos, CA 90720
(562) 598-1311

Prime Surgical Center – Newport Beach
351 Hospital Road, Suite 110
Newport Beach, CA 92663
(949) 335-4966

MemorialCare Outpatient Surgery Center
3833 Worsham Avenue, Suite 200
Long Beach, CA 90808
(562)-426-2606