

## **Patient information – Knee Scope**

You are scheduled to have knee arthroscopy. Here you will find an outline of what to expect before and after surgery.

PLEASE TAKE FEW MOMENTS TO REVIEW THIS AHEAD OF TIME AS IT PROVIDES IMPORTANT INFORMATION PERTINENT TO YOUR SURGERY.

### **Weeks before surgery**

Please contact my office if you have questions about your upcoming surgery. If you need to cancel or postpone surgery, please notify my office as soon as possible. If you are unsure about cancelation policy or have any other questions, feel free to contact my office.

If you require crutches, they could be purchased at the hospital on the day of your surgery.

### **One Day before surgery**

Please make sure not to eat or drink anything the midnight before surgery. Since you will be going home following your surgery, you will need to make arrangements to be picked up from the hospital by your friends or family.

Hospital staff will contact you one day before surgery to provide you with specific time of surgery. This information is typically not available until the day before surgery.

### **Day of surgery**

Upon arrival to the hospital, please check in with Admitting. Once checked in, please make your way to G6, and check in with the nursing staff. Be prepared to spend at least 6-8 hours at the hospital following your arrival. You will need to make arrangements to be picked up from the hospital by a friend or a family member.

Following surgery, you will have bulky dressing covering your incision. Upon discharge, you will be provided with follow-up appointment and a prescription for analgesia. I will typically see you in 2-3 weeks following the surgery to take out sutures and change dressings. Follow-up appointment will be at the Fracture clinic at the hospital.

### **First 2-3 weeks following surgery**

It is normal to feel tired and have pain after surgery. Please take time to rest. Return to work and physical activities will depend on various factors.

Please keep everything clean and dry. While incision is still healing, please do not put polysporin or any lotions / creams unless instructed to do so. You could remove bulky dressing after 2-3 days following surgery. Please apply simple band-aid to cover incisions. It is possible to see some blood-stained fluid coming out of your incision for the few days after surgery. That should subside within 1-2 weeks.

It is imperative that you start bending and straightening your knee once you remove bulky dressing. It will be painful, and you will be provided with a prescription for analgesia following your surgery. Use it as a breakthrough for pain only if needed. Try using other modes of analgesia as well (i.e., Tylenol). Intermittent use of ice packs (15 min on/off, not in direct contact with the skin) would also be helpful.

Few more things to keep in mind:

- Following surgery, you may feel a bit of numbness, tingling, or sensitivity of the skin around the foot or ankle. Typically, this is common, and related to swelling and surgery. This will improve with movement and use after the cast comes off.
- We use a pink-coloured cleaning solution during the surgery to clean your foot. Some of it may still be visible on your skin. That's normal. However, it is not normal for redness to spread up the leg, and needs to be assessed.

Please note that it takes time for tissues to heal. It is helpful to:

- Supplement your diet with Calcium and Vitamin D
- Avoid smoking
- Patients with Diabetes should pay particular attention to sugar control

### **Follow-up visit**

You will have a follow-up appointment at the hospital in the Fracture Clinic 2-3 weeks after your surgery. You will be seen for incision check and suture removal.

Once the incision is fully healed (typically, 4-5 weeks after surgery), it would be helpful to massage the scar 2-3 times per day. It will help to reduce pain and swelling. You may also benefit from physiotherapy for quadriceps (thigh) muscle strengthening and other rehabilitation. If you require a prescription, it could be provided to you at the follow-up visit.

If you have any other questions, please contact my office at 416-479-1623 or fracture clinic at 416-469-6384.