



MOUNTAIN
ORTHOPAEDICS

JARED TYSON, M.D.

KNEE ARTHROSCOPY SURGICAL PACKET

Appointments: 801-295-7200 Ext 126
Clinical Questions: 801-295-7200 Ext 124



ABOUT YOUR SURGERY

- Knee surgery has been chosen as the next reasonable step in your treatment.
- This surgery is known as arthroscopy. Arthro means joint and -scopy means performed via a scope or tube.
- This is one of the safest and most common procedures that we perform, but still is surgery with associated risks and potential complications.
- Your surgery should be well defined and described to your satisfaction prior to proceeding. If you have questions, please ask.

TIMELINE

Surgery Scheduled with Your Surgeon

- Read this entire packet of information.
- Make a list of all current medications including dosages and time taken. This must be brought to your preoperative appointment. Please access the Athena Portal, which is your electronic medical record at our office. A link will be sent to you, so that you can update your office chart with current medications, surgeries, etc.
- Receive clearance from primary care physician for surgery, if instructed by your surgeon's office. This clearance may also include clearance from your cardiologist if instructed by your surgeon.
- Knee Arthroscopy is typically done on an outpatient basis.
- You will be instructed on how to use crutches and navigate stairs prior to your discharge home.
- Typically, you will be contacted by the facility staff with instructions on what time to arrive for your procedure.

1 Week Prior to Surgery

- Stop all anti-inflammatory medications (Aspirin, Diclofenac, Naproxen, Ibuprofen, etc.) within 1 week. If you are on a blood thinner, contact Dr. Tyson's office or be sure to discuss this at your preoperative appointment to determine when it needs to be stopped.
- Make sure to attend your preoperative appointment with any questions you may have. Write these questions down before-hand as you think of them, and bring them with you to the appointment.
- Notify our office if you or any family member has a history of previous DVT/blood clot.
- An ice machine may be purchased through our office. If you are interested in this, please discuss it with our staff.





Day Before Surgery

- Hospital or surgical center will call you with instructions of arrival time the day prior to surgery or if surgery is on Monday, you will receive a call on Friday.
- Nothing to eat or drink after midnight.
- Bring a list of medications including dosages and instructions to the hospital or surgical center.
- Bring this Mountain Orthopaedic packet with you to the hospital or surgical center.

Day of Surgery

- Upon arrival, you will have an IV placed.
- IV antibiotics will be given 60 minutes prior to surgery to decrease risk of infection.
- Surgery time will be 20-40 minutes.
- You will be in the recovery room for approximately 45 minutes
- After surgery, you will be allowed to weight bear as tolerated. Crutches may be used for balance for the first few days.

First Day after Surgery

- You will receive aspirin or another form of blood thinner to decrease the risk of blood clots. You will need to take this as directed.
- If you have an allergy or a bleeding disorder, please notify us.
- Your surgical wound should be dry, without any significant drainage or openings. If this is not the case, please contact us immediately, any time day or night.
- You may remove the ace wrap and bulky gauze 3 days after your surgery. During this time, you may shower if you wrap saran wrap over the top of the bandage several times and tightly about your thigh above the wound.
- Avoid soaking the wound in a hot tub or pool for at least 2 weeks after surgery.
- You will go home with pain medication. We will work to get off pain pills as soon as possible.
- Please use the narcotics sparingly or not at all, if you are able to.





Physical Therapy

- Leg lifts are permitted and encouraged as soon after surgery as you can. Keep your knee straight, lift your heel off the bed 6", count slowly to ten, and then return to the bed, relaxing your thigh completely.
- Stationary cycling, stair master, Nordic Track and swimming are excellent activities to regain your thigh strength and motion safely.

Return to Work

You may safely return to work as soon as you feel ready. Usually there is 2 to 7 days for office work and likely longer for heavy labor or prolonged standing.

- If your work involves heavy manual labor, you should plan to attend physical therapy several times before returning to work.

Return to Sports

- The usual time to return to most recreational sports is about 4 to 6 weeks.
- You should have full, painless motion, good strength and confidence in the knee before returning to play or participation.

Conclusion

- Arthroscopic knee surgery is one of the safest and most successful procedures performed today. However, complications can occur with any surgery. Most of these problems can be anticipated, but some cannot. Please contact our office with any question or concern you may have at any time. Thank you for your confidence in Dr. Tyson for your knee surgery.



FREQUENTLY ASKED QUESTIONS

What happens after scheduled surgery?

- Your physician's medical assistant will schedule your surgery with the facility you and the doctor have selected. The M.A. will then authorize this procedure with your health insurance company. Please understand that authorization is not a guarantee of payment and it is always a good idea that you check with your insurance company also regarding deductibles, copays and coinsurance responsibilities. You should have also made a preoperative appointment in our office. This should take place 1-2 weeks prior to your surgery date.

How do I prepare for surgery?

- Do not eat or drink after midnight the night before your surgery. You should also thoroughly wash your surgical site. You do not need to shave over your surgical site: this will be taken care of in the operating room.

What time will my surgery be?

- Your surgery time will be set by the hospital or surgical center. They will contact you on the last working day before the surgery. They usually call after 1pm. Questions or concerns regarding the time of your surgery should be directed to the facility.

Should I stop my medications prior to surgery?

- If you are diabetic DO NOT take your diabetic medications after midnight on the day of surgery. If you are taking Aspirin, Ibuprofen, Naproxen, or any other anti-inflammatories you will need to stop these 7 days prior to the surgery. If you are on Plavix or other blood thinners, please discuss this with your physician to determine when to stop prior to surgery to prevent significant bleeding issues. The hospital or surgery center will instruct you which of your home medications you should take the morning of surgery.

How long will I need to take pain medication after surgery?

- You should anticipate discontinuing your pain medication with 5 weeks after surgery. For pain medication prescriptions, so please allow 3 days for refills.



Will I need Physical therapy after surgery?

- Physical Therapy after knee arthroscopy is usually optional. This can begin with a few days after surgery.

How much will I follow up with my physician?

- Your first postoperative appointment will be 7-10 days after your surgery, then a follow up at 6-8 months after surgery, and again, if needed at 3-4 month after surgery.

How long will my FMLA paperwork take to complete?

- You need to allow our office 10 business days from the time of drop-off for completion.

BILLING INFORMATION

As the patient, it is your responsibility to provide us with your current, accurate insurance information. Your surgeon's medical assistant will obtain a prior Authorization, if one is required. It is important to note that a prior authorization is not a guarantee of payment. The billing department will handle the submission of medical claims for our office.

The insurance company will process claims according to your specific plan, and will provide you with a copy of their explanation of benefits. Once insurance determination is received by our office, we will send a letter to you if a patient balance remains, as indicated by the insurance. Patient balances may include co-payments, coinsurance, and deductibles.

It is also important to note the facility, anesthesia, surgeon, physician's assistant, and in some cases, surgical supplies, are billed separately. You should expect to deal with multiple billing departments.



You, as the patient, are responsible for balances not paid for by the insurance. You will also be liable for balances that result from inaccurate insurance information.

For billing assistance with your surgeon's billing office, please contact the billing department at 801-295-7200, ext 114.

My Surgery Information

Surgery Date: _____ Facility: _____

Surgeon: _____

Preoperative Appt: _____ Post-Operative Appt: _____

For questions that cannot be answered during an appointment, please call contact:

Direct line for medical questions: 801-295-7200, ext. 124

Direct line for appointments: 801-295-7200, ext. 126

Main office to be directed by an operator: 801-295-7200

For after-hours urgent issues, please call our office at 801-295-7200 and they can reach your physician or the physician on call.

QUESTIONS

