

What You Need To Know About Knee Arthroscopy

On the day of surgery you cannot eat or drink anything after midnight the night prior to your procedure. Only take medications that the preadmission testing nurse has told you were ok to take with a sip of water. Please shower the morning of your surgery but do not apply any lotions or perfumes after your shower. It’s a good idea to leave any jewelry at home since you will be asked to remove it prior to going into the operating room. The anesthesiologist will meet you prior to your surgery and will keep you comfortable. Dr. McClung will see you and mark the correct limb prior to surgery.

During your surgery you will be completely asleep, under a general anesthesia. The entire procedure will last between 30 and 45 minutes. With arthroscopy, we can fix problems inside the joint with just making 2 or 3 small incisions. A small camera is inserted into the joint through one of these holes so we can look at the bones and tissues in the joint. Small tools are then inserted through the other hole. During your surgery, it is possible that Dr. McClung will trim or repair a torn meniscus, smooth any rough surfaces, clean up any arthritis or loose pieces of bone and replace your ACL or PCL if you’ve discussed this with him prior to surgery. You will go home the day of surgery, but will need a responsible adult to take you home since you will still have anesthetic in your system. You will need 24 to 48 hours after surgery to get the anesthesia out of your system, it’s a good idea to plan to have this time off work. If you have a desk job, it’s acceptable to return to work within 3-5 days after surgery; if you have a more strenuous job, you should discuss this with Dr. McClung prior to scheduling your surgery.

