

KNEE ARTHROSCOPY INFORMATION

PRE-OP APPOINTMENT: _____ LEFT RIGHT

SURGERY DATE: _____ LOCATION: _____

POST-OP APPOINTMENT: _____

Knee arthroscopy is a minimally invasive procedure used to diagnose and treat a variety of knee conditions, such as meniscal tears, cartilage damage, and ligament injuries. Dr. Wooten will make small incisions and use a camera to visualize and repair the inside of the knee joint. This results in reduced pain and faster recovery times compared to traditional open surgery.

- **INSURANCE AUTHORIZATION:** Our office will contact your insurance carrier to get the authorization for your surgery. We will contact you if there is a denial. You can always contact your insurance provider to verify the authorization has been completed.
- Please stop all GLP-1 medications 10 days before surgery (Trulicity, Rybelsus, Ozempic, Mounjaro, Victoza, Tirzepatide, and Semaglutides). Stop all anti-inflammatory medications 7 days before your surgery (Aspirin, Diclofenac, Naproxen, Ibuprofen, etc.). Please notify our office of any history of DVT (blood clot) or if you are currently on any kind of blood thinner (Plavix, Coumadin (Warfarin), Xarelto, Eliquis, etc).
- No dental work to be performed within the 2 weeks before surgery.
- The surgery center will call you the business day before your surgery to inform you when to arrive and when to stop eating and drinking. You should have nothing to eat or drink after midnight.
- **ARRANGE TRANSPORTATION:** You will need help getting home from the surgical center after your surgery.
- Strengthening exercises to help with recovery will be given to you upon discharge from the facility.
- Approximately 8-10 days following your procedure, you will come into the clinic to have your sutures removed and discuss progress and healing. This appointment should be scheduled at the time the surgery is scheduled.
- It is recommended that you wait at least 4 weeks after surgery to ease into more aggressive athletic activities.

Arrival: please get to the hospital or surgery center ON TIME. Being late will delay your surgery as well as others.

Please call our MA with any questions or concerns or for medication refills at 801-295-7200 ext.128