

**ST. JOSEPH HOSPITAL
SURGERY CENTER PERSONAL RECOVERY PLAN**

SPECIALTY INFORMATION: KNEE ARTHROSCOPY

PRE-ADMISSION	ADMISSION	PREPARATION AREA	OPERATING ROOM
<p>Get equipment that you will need for after surgery based on the surgeon's instructions.</p> <p>Arrange for a responsible adult to drive you to the Surgery Center and home again. Your driver should plan to stay at the Pavilion during your procedure.</p> <p>Arrange for a responsible adult to be with you at home after the surgery.</p> <p>You will be instructed in the Recovery Room as to how long someone will need to be with you at home.</p>	<p>Bring any equipment (brace, crutches, etc) that the surgeon told you to take to the Surgery Center.</p> <p>Leave all jewelry, money and credit cards at home.</p> <p>Have your driver park on the 3rd floor of the parking structure.</p> <p>Please check in at the Reception desk and hand in your Anesthesia questionnaire.</p>	<p>You will have a small tube placed in your vein so that fluids can be provided to your body during the surgery.</p> <p>Clipping of hair and a medicated soap scrub at the surgery site may be ordered by your surgeon. DO NOT DO THIS ON YOUR OWN.</p>	<p>The room is kept cool. Warm blankets are available for you.</p> <p>Equipment in the room will be used to check your body systems (pulse, blood pressure, breathing) or will be needed during your surgery.</p> <p>There will always be a professional staff person with you during your surgery.</p> <p>To prepare for your surgery, your doctor will apply a piece of equipment, like a blood pressure cuff, around your upper thigh.</p>

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IV FLUIDS	NUTRITION	ACTIVITY	PAIN MANAGEMENT	DISCHARGE PLAN
<p>IMMEDIATE RECOVERY</p> <p>Small tube in your vein with slow running fluid as ordered by your doctor.</p> <p>This will be removed when you are stable.</p>	<p>Start with clear liquids if there is no nausea.</p>	<p>You will be helped to a chair in 45 mins to 1 hour after arriving in the recovery area.</p>	<p>Pain medication given based on your pain level (0 = no pain to 10 = severe pain), symptoms and doctor's orders.</p> <p>Ice packs to your surgery site as needed and as ordered by your doctor.</p>	<p>Staff will medicate you for nausea and vomiting based on doctor's orders and your symptoms.</p> <p>Staff will review printed and doctor specific home care instructions with patient and family.</p> <p>You will be discharged when you are stable (about 1 ½ to 2 hours).</p> <p>Crutch walking instructions will be given if ordered by doctor.</p>
<p>HOME CARE</p> <p>FOLLOW YOUR DISCHARGE INSTRUCTIONS</p> <p>In an effort to promote your wellness, St. Joseph Hospital provides Community Education programs. Please call 714-771-8000 ext. 8266 for the current schedule.</p>	<p>Clear liquids (water, apple, cranberry juices, tea), no milk.</p> <p>Add foods as tolerated. Avoid greasy, spicy foods. Begin with small, frequent meals.</p>	<p>Weight bearing as tolerated: crutches may be ordered by the doctor OR non-weight bearing using crutches as ordered by the doctor.</p> <p>Keep leg elevated above heart level when sitting or lying down.</p> <p>Follow activity instructions and leg exercises as directed by your doctor.</p>	<p>Take oral pain medication as ordered by your surgeon. Avoid alcohol and driving while taking pain medication.</p> <p>If ice pack is ordered by doctor, apply over surgical site as instructed.</p>	<p>Schedule post-surgery office visit as instructed by your doctor.</p> <p>Notify your surgeon if you have:</p> <ul style="list-style-type: none"> *signs of poor circulation such as numbness, inability to move toes, bluish or white discoloration of skin. *bleeding from the surgery site *pain that is not relieved by pain medication. *fever greater than 101 *excessive bleeding at the surgery site. *concerns or problems.