

Knee and Hip Arthroscopy

Surgery Instruction Sheet for Dr. Chad Millet
You are scheduled for surgery at Crescent City Surgery Centre.
3017 Galleria Blvd, Metairie, LA 70001

The procedure will be on _____.

1. Our Pre-Certification Department will contact your insurance company, worker's comp, or attorney to be sure that your surgery is approved and if there are any deposits or deductible that need to be paid prior to surgery. It is the patient's responsibility to call Sarah one week prior to surgery to verify approval. The contact information is **(504) 897-6351 Ext. 116 or Ext. 114**. **(NOTE: Contact Sharon at Ext. 194 with Short-term disability or FMLA paperwork. Be aware there is a fee.)**
2. Call CCSC at **(504) 830-2500** to schedule a pre-op appointment. Pre-op appointments must be done 2 weeks **PRIOR** to your surgery. At this appointment you will meet with an anesthesiologist. You may have blood work done, chest X-ray, and an EKG. (It is to the discretion of the anesthesiologist). **YOU DO NOT NEED TO FAST FOR THIS TESTING.**
3. If you take medications daily, bring a detailed list or actual pill bottles to the pre-op interview. They will instruct you on which medication to take on the morning of surgery.
4. Stop taking anti-inflammatory medication or medications containing aspirin **one week** prior to surgery. This includes Advil, Aleve, Motrin, Ibuprofen, etc. Also no vitamins or supplements. If you take a prescription blood thinner such as Plavix, Coumadin, etc., notify your PCP and discuss the appropriate time length to stop blood thinners prior to surgery.
5. **Crescent City Scheduling Department will call you the morning before your surgery to tell you what time to arrive. IF you have not heard from them, call (504) 830-2500. (If you are scheduled for a Monday surgery, you will receive a phone call the Friday before.)**
6. Do not eat or drink anything after midnight unless instructed by anesthesia.
7. You must have someone to drive you home from the hospital after surgery.
8. For KNEE OR HIP ARTHROSCOPY we need to see you back in 2 weeks for follow up and to have sutures removed.
9. My email address is EKernaghan@Southern-ortho.com if you prefer to communicate via email. Emails will be returned on Tuesdays and Thursdays.

Dr. Chad Millet
Post-Op Instructions
Knee Arthroscopy

Activities

- Elevate leg for 24 hours above the level of the heart
- If given crutches, may weight bear as tolerated on affected leg as needed
- If walking normally after 2-3 days crutches can be discarded.

Wound Care

- Apply ice to knee but never directly to skin for 15 minute intervals to decrease swelling or pain
- May unwrap knee from ace wrap and cast padding after 2 days, may cover sutures with Band-Aids
- Do not get incision wet

Medications

- Pain medications prescription will be given at discharge from Same Day Surgery Center
- May also use Tylenol or Advil as needed if not contraindicated
- Pain should decrease over the first 3-4 days but soreness may last for 2-3 weeks

Exercise

- Begin moving the ankle and foot and tightening thigh muscles immediately after surgery.
- May start bending knee on Post-Op Day #1
- On Post-op Day #2, begin performing 10 straight leg raises three times a day as tolerated

Post-Op

- You need to be seen post-operatively in the office 2 weeks after procedure. Please make appointment now to prevent delay in being seen
- Your sutures will be removed at this time

When to Call

- If you develop a fever over 101 degrees, if you notice persist drainage from puncture sites, or if swelling increases and does not begin resolving after 3 days post operatively, call the office.