

Utah Orthopaedic Specialists – Knee Arthroscopy (Scope)
5323 South Woodrow Street, Suite 200, Salt Lake City, UT 84107 (801)-747-1020

Dr. John G. Skedros, M.D.
Fellowship Trained Orthopaedic Surgeon



Thank you for choosing me to scope and surgically treat your knee. I hope the following information helps you with your surgical experience. Please feel free to call with any questions you may have.



What can I do before surgery to prepare?

Continue stretching exercises as tolerated.

Don't eat or drink after midnight the night before surgery. If you have diabetes, ask for specific instructions.

Do take your regular medications with water the morning of surgery.

Dress in loose fitting comfortable clothes the day of surgery.

What should I do after surgery to assist with my recovery?

Take your prescribed pain medication(s) according to the instructions on the bottle/package.

Make a follow-up appointment to see Dr. Skedros 2-3 weeks after surgery.

Eat what feels good to you but stick to more bland foods at first.

Take one full strength aspirin every day for one month after surgery to prevent blood clots.

If you or a family member has had a blood clot before, tell Dr. Skedros so a stronger medication can be used to prevent blood clots.

Move as often as tolerated to prevent blood clots.

You can begin moving your ankle immediately.

Crutches are usually not needed. Ask Dr. Skedros if you think you need crutches or a walker.

You can remove the dressing over your knee after five days and take a shower if your incision is dry, but don't soak the incision for the first week after surgery.

Keep a band-aid and antibiotic ointment on your wound when you are not taking a shower.

Some leakage of fluid and blood is common and usually is not serious; call if it gets worse over time.

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Dr. Skedros's medical assistant can see you one week after surgery if needed.

When can I begin to exercise again?

This depends on how quickly you heal. Dr. Skedros will help you determine this at your follow up appointment.

What medications can I take to help with the pain?

Take your prescribed pain medication(s) according to the instructions on the bottle.

You can take 500 mg of Tylenol every 4 hours or 800 mg of Ibuprofen every 8 hours. **DO NOT** take Tylenol and Ibuprofen at the same time, but they can be alternated. Make sure there is at least 2 hours between each time you alternate between Tylenol and Ibuprofen.

DO NOT take extra Tylenol if you are taking medications like Percocet, Endocet, Norco, or Lortab – these all have Tylenol. **BE CAUTIOUS HERE! Too much Tylenol can be VERY DANGEROUS.**

What can I do to avoid dangerous blood clots that can form behind my knees and thighs?

Move your knees and ankles regularly in order to increase circulation.

It is often a good idea to take one baby aspirin each day for about one month after most surgeries. But do not take aspirin if you are already on a blood thinner. If you are not sure, then call your regular doctor to see if you can take aspirin.

What symptoms should I watch for to prevent complications?

Call as soon as possible if you experience:

- Fever
- Increased pain
- Increased swelling
- Generally not feeling well

If you experience chest pain or shortness of breath call our office immediately, or go to your closet emergency room or urgent care facility.