

Arthroscopy/Sports Surgery

Planning ahead is the best way to reduce stress on the day of surgery. We want to lessen any anxiety you or your child may feel and support you throughout your surgical experience. This page will give you and your family information to make your experience as comfortable as possible. This information is specifically for patients undergoing an arthroscopic sports procedure at Rady Children's Hospital. Common surgeries under this category include: ACL (anterior cruciate ligament) reconstruction and labrum repairs of the shoulder.

Home Preparation

In order for us to provide safe anesthesia for your child, it is important that you follow the diet instructions below prior to surgery. These instructions limit the possibility of vomiting and breathing problems before, during, and after anesthesia and surgery. Your child's surgery will be cancelled or delayed if your child eats or drinks past the scheduled time, so your close supervision is very important.

- Stop all solid food and non-clear liquids 8 hours before surgery
 - Solid Foods: Rice, Cereal, Baby food, Bananas and other fruits, Sandwiches, etc.
 - Non-Clear Liquids: Formula, Milk (Breastmilk, cow, rice, soy, almond, etc.), Orange juice, etc.
- May continue clear liquids only up until 3 hours before surgery
 - Clear Liquids: Water, Apple juice, Pedialyte, Gatorade, Popsicles without fruit or cream, Jell-O without fruit or cream
- Nothing to eat or drink in the 3 hours before surgery

It is okay to take NSAIDs (non-steroidal anti-inflammatory drugs) and/or Tylenol up until the day of surgery.

Patients should remove all nail polish and jewelry prior to arrival at the hospital.

If you have any questions about what your child can eat or drink, call the pre-op staff at (858) 966-1700 ext. 223574

Medications

It is very important to tell your doctor about all of the medications your child is taking. Be sure to include all herbal remedies, prescription medications, including any form or birth control pills, patches, etc. as well as over the counter medications. Bring all of the bottles with you to your child's pre-op visit and have them with you on the day of surgery.

Things to Bring to the Hospital

- **Comfort items:** your child's own pillow, blanket, stuffed animal, etc.

- **Distraction items:** DVDs (there are players in each room), iPads, music with headphones, laptop, cell phones (Don't forget chargers!). Wireless internet is available.
- **Clothing:** We recommend comfortable, loose-fitting clothing for after the surgery. Sneakers or rubber-soled slippers. For girls having shoulder surgery, please consider wearing a tube top on the day of surgery.
- **Personal items:** Soap, lotion, toothbrush, toothpaste are all available at hospital, but many patients like to bring their own. Lips are usually dry after surgery, so chap stick/gloss can be helpful. Girls may want to bring their own hygiene items as it is not uncommon for them to get their period while in the hospital even if it is not their regular cycle.

Checking In for Surgery

- Check-in time is 1.5-2 hours before the scheduled surgery time. You will receive a call from the pre-op staff 24-48 hours before your child's surgery with a specific time. Because the length of the earlier cases before your child's can be unpredictable, waiting times may vary. Remember, too, that just as a surgery start time can be pushed back, it can also be moved up. For these reasons, it is important to arrive at your designated time.
- When you check into the hospital on the day of surgery, children and parents will be given an ID wristband. For parents, this serves as your visitor pass while you are here.
- Once you have this wristband, you may also purchase a discounted parking pass at the booth in the parking garage.
- On the morning of surgery, you will meet with the anesthesiologist and surgeon as well as the fellow, resident, and nurse that will be assisting your surgeon.
- Your child will be assigned an ID number so that you can check their progress throughout the day of surgery. You will also receive a pager for the staff to communicate with you.

What is Arthroscopy?

Arthroscopy is used to assess and treat problems inside a joint. In arthroscopy, a surgeon makes a small incision in the patient's skin and then inserts pencil-sized instruments to help see inside the joint. By attaching the arthroscope to a small camera, the surgeon is able to see the inside of the joint through this very small incision rather than a large incision needed for surgery. The surgeon can determine the amount or type of injury and then treat the problem, if necessary.

What is Anesthesia?

General anesthesia makes your child's whole body go to sleep so that your child will not feel pain during the procedure or have any memory of the experience.

Before your child is woken up, he or she may also receive a nerve block that can last anywhere from 3-36 hours. The purpose of the nerve block is to numb the area of the surgery to limit pain.

Going to Sleep

- Before going into the operating room, your child may be given medicine to help him/her relax if they need it.
- In the operating room, your child is covered with warm blankets, music is softly playing, and the room is filled with people whose only job is to take care of your child.
- Children may choose between getting their medication through a mask or directly into a vein through an intravenous (IV) line. Once they get the medication, they will drift off to sleep.

While Asleep

- While your child is asleep, his or her heart rate, blood pressure, temperature, breathing, and circulation will be checked continuously.
- Your child's surgical area will be cleaned to limit risk of infection. After drapes and towels are placed around the surgical area to keep it sterile, the surgery will be performed.
- Once the surgery is done, the incision will be closed – usually with dissolvable stitches – and a clean bandage will be applied.
- To keep your child asleep during the surgery, he or she will be given medicine through the IV tube. When the surgery is over, the medicine will be stopped, and your child will begin to wake up.

Waking Up

- Your child may be moved directly to the PACU (Post-Anesthesia Care Unit) after surgery. 1-2 hours are usually spent in the PACU for close monitoring, blood tests, and waking up from anesthesia. Some patients are so sleepy that they don't really remember the PACU.
- If your child is in pain, the nurse will give pain relieving medication through the IV.
- The doctor who did your child's surgery will meet with you to talk about the surgery and answer any questions you might have.
- One visitor at a time will be allowed in the PACU.
- Your child will be placed in a brace or sling (the brace/sling will come from an outside Orthotic company and you will be asked to bring this with you to surgery)
- Your child will be released to go home the same day, unless there are issues with pain management. Your doctor may offer staying the night to better suit your child's needs, if clinically necessary.

Going Home

- **Medications:** Dosages and medication may vary based on each patient and their diagnosis. Please follow your child's specific prescription instructions.
- **Post-Op Visit Schedule:** We will see your child back for a post-op visit 4-14 days after surgery depending on your child's specific surgery.
- **Bandage:** You may remove your dressing and shower 3-4 hours after surgery *unless otherwise instructed*. Please leave the steri-strips (small white strips) on until your post-op visit.
- **Diet:** It is normal to lose weight after surgery, sometimes 5 – 10 lbs. Most people tolerate smaller, more frequent meals initially. Lots of fluids and a balanced diet are important.
- **Constipation:** It is normal after surgery due to the effects of anesthesia, pain medication, decreased activity level, and decreased food and fluid intake. Regularly scheduled stool softeners (for example, Colace or Senna – over the counter) can help as well as fluids and high fiber foods.
- **Returning to School:** As soon as your child is able and can be off of all narcotic pain medication while at school.
- **Activities:** Follow the general plan for your child's specific surgery if appropriate. Your surgeon will discuss with you if there are any changes based on your individual surgery.

Questions?

If you have any questions about this information, or if your child has any special needs you feel the doctor should know about, we would like to hear from you. Please contact the Orthopedics office at 858-966-6789 and there will be voice instructions on how to reach the nurse that works with your attending physician.