

## **INSTRUCTIONS FOR PATIENTS FOLLOWING KNEE ARTHROSCOPY**

**What to expect:** *The speed of recovery after arthroscopy varies and depends on your particular condition and the type of surgery that was done. Every case is different and hence only general comments are made here. The findings of the operation will be discussed in detail at the first follow up visit rather than immediately after the operation as you may still be recovering after the anaesthetic.*

**Pain:** You should be fairly pain free for the first 4-8 hours after the operation. Some discomfort can be expected in the first 24 hours. Make sure you have some pain killers (or a prescription for such) to take home on discharge. If you experience pain, take pain killers as prescribed; place an ice pack or frozen peas on the knee (over a layer of towel) for 10-15 minutes every half hour. Some swelling is also normal.

**Walking/Exercises:** You may put full pressure on the leg and walk as is comfortable *unless told otherwise*. Crutches or a walking stick may be required for a few days. Carry out straight leg raising exercises - clench the quads, lift the leg (with knee straight) six inches off the bed, hold it there for 3 seconds, lower back into bed. Repeat 20 times or more every waking hour.

Depending on your condition and the type of surgery that was done, you may or may not need physiotherapy.

**Driving:** *You must not drive or operate machinery for the first 24 hours due to the effect of the anaesthetic.* If it is your left knee that is involved and you drive an automatic car, you may drive when able. If it is your right knee that is involved, you may return to driving if you think you can depress the brake and control the car should an emergency situation arise.

**Dressings:** Remove the outer bandage 24 hours after the operation. Underneath the bandages will be stick-on dressings. Try to keep these dressings intact and dry. Remove these after 5 days, leaving the small stitches exposed or cover them with an ordinary Bandaid. You may let the knee get wet after 5 days. If water does get under the dressing, remove it and replace it with an ordinary Bandaid.

### **Warning signs:**

- \*Severe pain after the first 24 hours not relieved by pain killers.
- \*Redness of the wound and feeling feverish.
- \*Pain in the calf, chest pain or shortness of breath.

**If you have any of the above symptoms, you should contact Dr Graham's rooms, your GP or the hospital immediately.**