



GUIDE FOR CARE FOLLOWING ARTHROSCOPIC KNEE SURGERY

Most knee arthroscopies are performed as a day only procedure.

The following are guidelines to assist with your post-operative care until you see Dr Walker.

BANDAGE:

You will either have a bandage or tubigrip on your knee post-surgery. A tubigrip is an elasticated tubular bandage that goes over your foot and around your knee. If you have a bandage, simply remove it the day after surgery, as well as the soft fluffy white material (velband) underneath to expose the dressings, and put on the tubigrip.

DRESSINGS:

The dressings are covering up the wounds. Generally, they are clear plastic, called opsites. Leave these on unless they are peeling off, which they do sometimes. These seem to stick to some people's skin better than others. If they are peeling off and you need to replace them, do so as cleanly as possible i.e. use some sort of antiseptic.

Under the dressing there are generally white strips called steri-strips. Try to keep these on. However, again, if they are peeling off you can replace them.

If the wound is actively bleeding, you should see your GP or go back to the hospital to change. This is rare.

SHOWERING:

You may get the dressing wet in the shower. Do not swim or bath until your review with Dr Walker.

CRUTCHES:

Not everyone needs crutches so this will be assessed on an individual basis. Unless Dr Walker specifically advises otherwise you can fully weight bear.

EXERCISES:

Please do the exercises as shown below.

Physio is not always required and Dr Walker will discuss this with you at your post-operative visit.

SWELLING AND ICE:

Swelling and some bruising is normal. ICING IS VERY IMPORTANT. Ice for roughly 15 minutes every 2 hours until the swelling reduces. Icing varies from a bag of peas to fancy expensive ice machines. Do not ice directly onto the skin as you can get an ice burn. The tubigrip or something of equivalent thickness is good.

When sitting place your leg on a stool and when lying place your leg on a pillow.

PAIN:

Pain is to be expected. The anaesthetist will give you analgesics and/or anti-inflammatories. Take these as required. Remember with opioid drugs, you cannot drive or operate machinery, so try and wean off these.

CONCERNS:

If your temperature rises over 38.5 degrees or if you are unwell (i.e. with rigors or shaking) contact Dr Walker or go to an emergency department.

If your wound becomes red please contact Dr Walker.

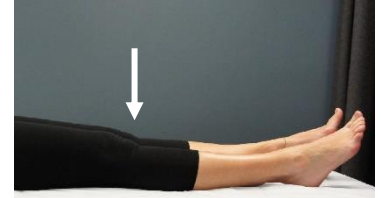
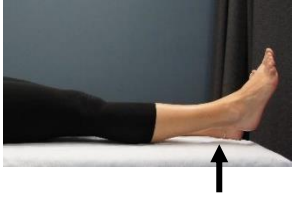
FOLLOW-UP:

Your check-up is usually 7-14 days after the surgery. Generally, this appointment will be emailed to you. If for some reason you don't hear from us please contact Dr Walker's rooms.

POST-SURGERY KNEE EXERCISES

After your operation (knee arthroscopy) the following exercises are necessary to assist in your recovery. *Start these exercises the day after surgery.*

• To improve strength:



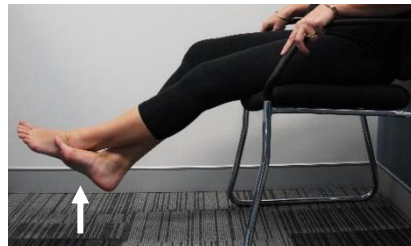
Raise leg with your knee straight and hold for 6 seconds.

Repeat: 10 times every 2 hours.

Push both knees into the bed and hold for 6 seconds.

Repeat: 10 times every 2 hours.

• To improve knee movement:



Place your unaffected leg under your affected leg. Gently lower and then raise.

Repeat: 1-2 sessions per day for 2-3 minutes per session.

• To maintain calf circulation:



To maintain calf circulation, move your foot up and down for 5 minutes every waking hour.

Continue: for 2-3 days or until you are walking comfortably.

If you are experiencing any difficulties with these exercises please contact the clinic for advice.