

KNEE ARTHROSCOPY POST OPERATIVE INSTRUCTIONS

These are general instructions only, and should be taken in conjunction with any specific instructions from Dr Slattery.

Dressings

You are able to remove the bandage and cotton wool dressing covering your knee 2 days after your operation. The underlying dressings should be left intact until you are reviewed at 10-14 days post op. You are able to shower with the plastic dressings on, but they should not be immersed in water or go in the bath. If they become loose, we recommend reapplying plastic adhesive dressings such as Tegaderm® or OpSite®, which can be purchased from a pharmacy.

Pain Relief

Paracetamol should be taken regularly 3-4 times per day, and other pain relief should be taken as directed by your Anaesthetist and Dr Slattery. You should slowly reduce strong pain relief, hopefully so that by 7 days post operatively you have ceased taking it.

Weight Bearing

You are able to immediately take full weight through your leg, but Dr Slattery recommends the use of crutches for balance and support for the first 5-7 days.

Exercises

Exercises should be performed after your operation to help restore your range of movement and strengthen your knee muscles. The following should be performed 3-4 times per day:

- Straight leg raises: lying flat on a bed, lift your foot straight up, hold it there for 15 seconds then slowly lower it, repeat 5 times
- Gently bending and straightening the knee
- Placing your hand on the front of your thigh and tensing the muscles as tight as they can go, hold for 10 seconds and release. Repeat 5 -10 times.
- If you have access to an exercise bike, when you are comfortable, you may cycle for 5 minutes on low resistance. Slowly increase as tolerated.

Driving

Driving can be commenced normally at 1-2 weeks post operatively, when you are not taking any strong pain relief, and the strength of your muscles have returned.

Contact us if:

- You have a persistent fever
- You have wound ooze or discharge
- You get calf swelling and pain

Followup Appointments

If an appointment has not been made for you prior to discharge, please contact Dr Slattery's office on 9819 6934. All patients require a wound review at 10-14 days after surgery.