



KNEE ARTHROSCOPY

We use 2 small incisions either side of the knee to perform the operation and close the skin with sutures. A waterproof dressing and tubigrip sleeve are applied to the limb.

You will experience some pain and swelling after your procedure. Please make sure you take enough pain relief medication. Ice packs, rest and elevation will help pain and swelling in the first few weeks. Nausea, dizziness, sore throat, muscle pain and inability to concentrate are common side effects of anaesthetic and may take 24 hours to resolve. We recommend you rest and do not consume alcohol for at least 24 hours.

POST-OP

Follow the exercises outlined on the Physiotherapy Department's Information Sheet. Exercises, especially straight leg raises, should be done regularly. Ice packs are particularly useful to help with the pain. Apply 2 to 3 times daily for 20 minutes as required.

You have two layers to your dressing:

1. Tubigrip - remove 1 week after your operation.
2. Waterproof dressing - leave these dressings in place. Only change them if the dressing gets wet or dirty.

Your wound should be reviewed, and sutures removed about 10 to 14 days following surgery. If this has not been pre-arranged, please either make an appointment with your GP or contact The Joint Studio to book a Dressing Clinic appointment. Follow-up with your surgeon is approximately six weeks after surgery.

We recommend 2 days of absolute rest (housebound) then 2 weeks of gentle activity only. Avoid long walks and hills. Do not indulge in heavy or prolonged activities or sports. Common sense should prevail. Your surgeon will discuss return to work with you however most take 1 to 2 weeks off work. Crutches may be useful in the first few days.

Most people are able to drive as soon as they are comfortable, however, we ask that you DO NOT drive in the 48 hours following surgery.

Contact us if you experience any of the following:

- If your wound is not dry (still oozing) 4 days after surgery
- Temperature or fever
- Severe pain
- Redness, swelling around the knee / incision site

Office hours: The Joint Studio on 9386 3933 (9:00 – 4:30PM)

After hours: Your GP

Closest Emergency Department: Hollywood Private ED - 9346 6000

Health Direct: (24 hour health advice) 1800 022 222