

# AFTER YOUR ARTHROSCOPY



**Mark Clatworthy, Orthopaedic Surgeon, Knee Specialist**

## **IN THE FIRST 24 HOURS YOU MUST NOT:**

Drive a car, operate machinery, drink alcohol, make important decisions or sign important documents.

## **ACTIVITY**

Elevate your leg above your chest for 48 hours after surgery.

You may need crutches to assist walking. Put as much weight through the leg as pain will allow.

Discontinue the crutches if pain and swelling are minimal.

Don't engage in activities which increase knee pain or swelling such as stair climbing, prolonged standing or sitting. Avoid long periods of sitting or standing for 2 weeks.

You may return to sedentary work 1 week after surgery if your pain is tolerable. If you have a more active job you may require at least 2 weeks off work.

**ICE:** Place an ice bag or frozen peas over the front of your leg for up to 20 minutes every 2 hours while awake for the first 48 hours after your surgery.

## **EXERCISES:**

Perform straight leg exercises, heel slides, knee extension exercises and ankle pumps ten to twenty times two to three times a day.

See the exercise information sheet on the back of this sheet for instructions.

## **WOUND CARE:**

Loosen the bandages if they feel very tight or if your foot or ankle swells.

Remove the outer crepe and wool surgical dressing on the second or third day after your surgery.

**Do not remove your steristrips or plastic dressing if possible. If you are concerned about bleeding from the wounds visit your GP or and A & E clinic to change the dressing**

If you do need to remove the plastic dressing a band-aid can be applied if there is minimal bleeding.

When the crepe bandage is on cover the knee with a plastic bag or gladwrap when showering. Once this has been removed you can have a short shower.

## **MEDICATIONS:**

Take a maximum of two panadol every four hours and one voltaren tablet daily.

Once the pain is tolerable stop the panadol.

Local anaesthetic has been placed in your knee. This will typically wear off after 6-8 hours after the surgery so you can expect pain to increase after this.

## **CALL YOUR ME IF ANY OF THE FOLLOWING OCCUR**

Increased numbness, unrelenting pain, fever or chills, redness around the incisions, continuous drainage or bleeding from the wounds ( a small to moderate amount of bleeding is expected), difficulty breathing or calf pain.

It is normal for your knee to be painful, swollen and bruised for at least 2 weeks. The bruising may move extensively up and down your leg.

## **FOLLOW UP:**

I need to see you two weeks after surgery. Please call Michelle or Kayla on 520-9632 if you need to change your appointment.

# EXERCISES FOLLOWING KNEE ARTHROSCOPY

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## 1) Straight leg raise:

Lie on your back. Lift your leg in front of you 20 – 30 cm above the ground. Hold for 20 seconds. Do ten to twenty exercises, two to three times a day.



## 2) Heel Slides:

Lie on a slippery surface with socks on. Bend your knee while sliding your heel along the surface towards your buttocks. Slide your heels as far as you can and hold it for 20 seconds. Do ten to twenty exercises, two to three times a day.



## 3) Knee extensions:

Lie on the floor or a bed. Simply press the back of your knee flat to the floor or bed and hold for 20 seconds. Do ten to twenty exercises, two to three times a day.



## 4) Ankle pumps and rotations.

Rotate your foot in large circles and move it up and down 20 times three times a day. This prevents blood clots and restores ankle motion.

