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Arthroscopic Knee Surgery

Post-operative instructions

+++ IMPORTANT +++ Do not drive, operate machinery or make important legal decisions for 24 hours post op.

Wound Care

You will usually have 2 small incisions on the front of your knee. These are closed with nylon sutures and covered with waterproof dressings which should be left on until the sutures are removed. The knee is then protected with wool and a crepe bandage which can be taken off the day after surgery. Please arrange to see your GP practice nurse to remove the sutures at 7 to 10 days post op.

Pain and Swelling

It is normal to have some pain and swelling in the knee. You will be given a script for pain relief medication. If your knee swells, elevate it above your hips (up on the arm of your sofa works well). Sometime ice or frozen peas wrapped in a tea towel placed on your knee can help reduce swelling.

Post op Recovery

Most people are able to walk fully weight bearing on leaving hospital. It is recommended that you take it easy for the first couple of days, working gently on regaining your knee range of movement. In your post op paperwork will be a form for physiotherapy. Please arrange to start this 3 or 4 days post op. You should be able to drive after 48 hours.

Work

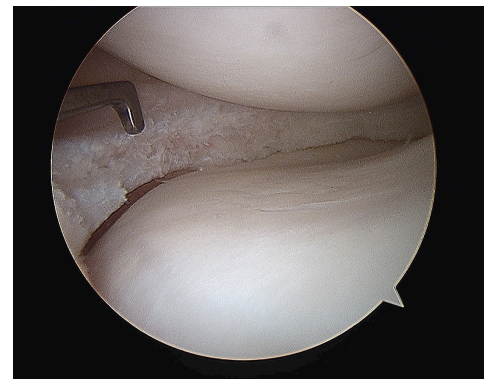
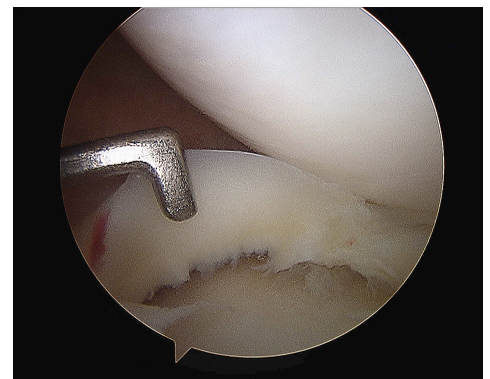
If your operation is covered by ACC you will have an 'ACC 18' form in your discharge paperwork for time off work. Usually 1 to 2 weeks is appropriate depending on your job. You may be able to go back earlier if your knee is comfortable.

Follow Up

I plan to see you in 6 to 8 weeks post op. If there are any problems that are non urgent, please contact the office on 484 0044 or elaine@nsortho.co.nz. If there any any urgent issues please phone me on 021 784 580.

Summary

- Bandage off next day
- Rest, ice, elevation + gentle exercises for 2 - 3 days
- Physiotherapy on day 3 - 4
- Sutures out 7 - 10 days
- Follow-up 6 - 8 weeks



Please turn over for recommended knee exercises