



## Discharge information and advice following Knee Arthroscopy

An arthroscopy involves examination of the inside of your knee through small punctures (usually three or four) using a small microscope (arthroscope).

### DRESSINGS

- The small punctures are covered with small Band-aids called steri strips and they must be left in place for at least five days or until they fall off of their own accord.
- Your knee will have padding and a bandage applied post operatively. This provides pressure and support for your knee as well as protection from infection and must be left in place for one day after your surgery.
- You will need to keep your knee dry for the first day following your surgery. Shower with a plastic bag covering the length of your leg and taped securely with waterproof tape. Remove the bandage the following day before you have a shower, leaving the steri strips in place. Do not use soap or powder over your knee. Pat dry with a clean towel. Do not rub vigorously.

Please note: If the dressing gets wet it is better to remove the dressing and re-bandage with a new bandage rather than leave a wet dressing on.

### PAIN

- It is usual to experience some pain. This can be kept well controlled by taking 4 hourly pain relievers as necessary, particularly during the first 24 hours. If you do not have a prescription please purchase Panadol or Panadeine from your chemist.
- If you feel the pain is excessive and your knee is also red, swollen or you notice pus or foul smelling discharge from the puncture sites, consult your surgeon or local doctor if after hours.

### GENERAL POINTS

- Some swelling may be expected but most of it should settle within the first three to four days. Application of ice (wrapped in towel or plastic bag) or a bag of frozen peas will help reduce the swelling. Keep on for 20 minutes, remove for 20 minutes. Repeat application as necessary.
- Keep your knee elevated as often as possible while at home, especially during the first 24 hours. This helps keep swelling to a minimum.
- Try and walk as normally as possible on your knee – do not hobble or limp – it may hurt initially but it is better for your muscles if you use them properly. If you require crutches you will be informed if you need to keep the weight off your leg fully or partially.
- If you require physiotherapy follow up your doctor will inform you when you need to make an appointment.
- Nursing staff will inform you when your surgeon will require a follow up appointment.
- If you have stitches nursing staff will inform you when these need to be removed.

**Remember RICE** – Rest, Ice, Compression and Elevation

If you have any further queries regarding your operation please contact your surgeon or your nearest Emergency Department.