

Below are some instructions for you to follow after your knee arthroscopy today.

### **Mobility**

You may walk normally bearing all your weight through the operated leg unless otherwise advised.

You may be provided with a walking stick or crutches to assist you. You should be able to discard these in a few days if you are walking comfortably and confidently.

You may bend the knee as much as is comfortable.

Please follow the exercises provided to you by the physiotherapists.

### **Dressings**

One day after your surgery remove the bandage and wool dressing and replace with the Tubigrip elastic support. Please leave this in place until you are reviewed in clinic in approximately two weeks. Please do not disturb the dressings over your knee wounds. Avoid bathing or washing your knee until reviewed in clinic in 7-14 days time. You may shower if waterproof dressings are applied to the knee.

### **Pain relief**

You will be provided with pain killers. Please follow the instructions written by the pharmacist on the packet or bottle. It is advisable to avoid alcohol when taking prescribed medication.

Elevate the leg when sitting and apply ice packs or frozen peas (wrapped in a towel) four times per day for 20 minutes.

### **General advice**

You should not drive or operate machinery within 48 hours of a general anaesthetic. You should avoid alcohol for at least 24 hours. Drink plenty of fluids and take a deep breath to expand your lungs regularly. Refrain from smoking if possible. If you feel nauseated avoid food and gradually build up your diet starting with fluids.

If you feel faint sit or lie down with your feet up until it passes. Exercise gently and regularly avoiding over tiring yourself. Do not sit for long periods with your legs crossed.

You can drive when you are able to without feeling any discomfort.

**If you have any further questions do not hesitate to ask before leaving.**

# KNEE ARTHROSCOPY

## Patient Information Sheet

### Knee Team

Department of Trauma & Orthopaedic Surgery

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