

#### BANDAGE

Your knee will be covered in a crepe bandage, some woollen padding and Opsite waterproof dressing/ steristrips to cover the puncture wounds.

1. The woollen padding and crepe bandage can be discarded after 24 hours and replaced with tubigrip.
2. The tubigrip can be removed for showering and reapplied (it can be shortened if required).
3. The Opsite dressing and steristrips should be left in place for 14 days.

Occasionally blood and fluid collect under this dressing – if this leaks it can be replaced by 2 bandaids.

#### PAIN / SWELLING

You will be given a prescription for painkillers, as needed. The amount of swelling varies, depending on the preoperative state of your knee and how much is done at the time of surgery.

An increase in swelling in the first few days indicates that you are progressing your activities too quickly.

Excessive swelling will cause problems with healing, strength and knee range of movement and must be reduced by:

- Not overdoing things – avoidance of prolonged standing and long walks.
- Using the tubigrip bandage.
- Keeping the leg elevated.
- Range of movement exercises (Wakefield Sports Clinic instructions).
- Regular ice treatment – ice cubes in a wet towel for 15 minutes, every 4 hours, with the tubigrip off. Avoid ice burn by checking the skin colour is pink and not white/blue.

#### RECOVERY / RETURN TO ACTIVITY

Although the puncture wounds are small, the surgery inside the joint is quite significant and the knee will take time to recover.

Unless indicated otherwise you should progress as indicated below:

Day 1 – 3 Complete rest.

Day 4 – 10 Short frequent walks, with full weight through the leg and try not to limp.

Day 7 – 14 Return to office type work.

Week 2 – 4 Return to light manual work, gym, sport training.

#### FOLLOW UP

You would have been given an appointment card to see Dr Allen approximately 2 weeks following surgery. If you have any further questions, please contact Rosalie or Jess in Dr Allen's rooms on 8236 4140.