

ARTHROSCOPY DISCHARGE INSTRUCTIONS

Telephone: (08) 8236 4125

Facsimile: (08) 8236 4116

After Hours: (08) 8236 4100

Email: rmontgomery@woc.com.au

You will be allowed to leave hospital when you are comfortable and able to walk independently.

GENERAL INFORMATION

- Your knee will have a wool/crepe bandage on it. Underneath this will be bandaids covered by plastic dressings. The day after the operation, remove the wool and crepe dressings and put on the tubigrip bandage you will be given. This can then be removed for showering – the plastic dressings will protect your wounds.
- The plastic dressing and bandaid can be removed after 7 days. Apply another bandaid over the wounds.
- In the first 7 days, it may be helpful to apply an ice pack wrapped in a towel to the front and back of the knee for up to 30 minutes, 3 or 4 times a day.
- If you have persistent severe pain and swelling not controlled by simple pain relief, or continuing drainage from the wounds then please call me at my rooms.
- Never lie with a pillow under the back of your knee.

WALKING

- Restrict walking to essential needs for the first 3 days and do not overdo activities for the first 7 to 14 days.
- Try to walk as normally as possible and put your full weight through your leg.

EXERCISES

- Commence on the day after surgery.
- Start very slowly and gradually and then build up in intensity.
- Do not cause yourself pain when you do them.