

HOME CARE INSTRUCTIONS

KNEE ARTHROSCOPY

DAY SURGERY AND INPATIENTS

Dr Richard Clarnette
ORTHOPAEDIC SURGEON

Telephone: 8236 4152

Fax: 8236 4110

Email: adminclarnette@woc.com.au

WALKING / AMBULATING

- Try not to limp.
- When walking you can put your full weight through your leg and try to walk as long as possible.
- Your knee may feel rather sore and stiff on bending, however, this will not damage your knee. You are encouraged to do so as the degree of comfort allows.
- For the first 7 days, try to take short frequent walks as comfort allows. Avoid excessive walking during this time.

PAIN / SWELLING

- Dr Clarnette has supplied a prescription for Panadol which is a pain reliever. Take as prescribed. Don't exceed the dose.
- You may also have been prescribed Voltaren 50 mg twice a day, this is an anti-inflammatory medication and will help to control pain and swelling and should be taken for 10 days. These tablets may induce gastric upset and should be discontinued if this occurs.
- Elevate the leg while sitting, preferably on a pillow or quilt cushion.
- Try to rest with the leg fully straight. A pillow under the heel will help with this.
- Your leg may be slightly swollen. An ice pack applied to the area for no more than 10 minutes 2 – 3 times a day may help to relieve this.
- You should not notice any increase in discomfort or swelling in the knee, this is a sign you may be overdoing it. If the pain and swelling continues despite rest and analgesics, please contact Dr Clarnette.

BANDAGING / DRESSING

- After your operation, the 3 small surgical incisions will be covered by steri strips, waterproof band-aids and Opsite (this is like a second skin). The knee is then covered in a layer of synthetic a wool and a Tubigrip bandage.
- Leave this undisturbed for about 24 hours and then remove the Tubigrip and the wool. Discard the wool. Put the Tubigrip back on and use this during the day for one to two weeks as is comfortable. Take the Tubigrip off and have a short shower. During the first 10 to 14 days the bandaids and clear Opsite should stay on.
- A little blood staining may appear around the bandaids, but do not be concerned about this.
- You may begin showering on the day after surgery so long as the incisions are covered with the bandaids and Opsite. Avoid soaking the knee for long periods.

EXERCISES

- See below.

RE-APPOINTMENT

- Routinely you will be given an appointment to see Dr Clarnette between 2-3 weeks after surgery.
- If this has not been made for you please contact Dr Clarnette's rooms in the next 2-3 days.



Wakefield
Orthopaedic
Clinic

Level 2 / 270 Wakefield Street, Adelaide

HOME CARE INSTRUCTIONS

KNEE ARTHROSCOPY

DAY SURGERY AND INPATIENTS

COMMENCE THE EXERCISE PROGRAM
BELOW THE DAY AFTER YOUR SURGERY

1. QUADS EXERCISE

(a)



- Place a rolled up towel under the knee
- Tighten the thigh muscle, bracing kneecap up tight
- Feel the back of the knee pressing down on the towel
- Lift heel off the bed
- Lower and relax leg
- To progress lift the straight leg off the towel
- Repeat 10 times

(b)



- Place towel under your heel
- Brace knee tightly, straightening knee down onto the bed
- Lift straight leg off the towel
- Hold for 3 seconds
- Lower and relax
- Repeat 10 times

2. KNEE BENDING

(a)



- Sit on bed with legs out straight
- Bend your knee as far as possible pulling your heel towards your buttocks
- You may help with your hands around the thigh initially
- Repeat 20 times

(b)



- Sit on the edge of a table/bed
- Bend your foot under the table (do not lift the buttock, help by pushing with the other foot)
- Repeat 10 times

Proceed with exercises every 3 hours for 3-5 days.

Then during the next 3 weeks double the exercises and repeat 3 times each day.

