

- Replace the bandage with the elastic tubigrip the day after your surgery.
- Beneath the bandage will be a clear waterproof dressing which can be removed approximately 7 days following the operation. The wounds should be healed by then. No sutures are normally inserted. If the waterproof dressing falls off early or there is discharge, the dressing may be changed.
- There may be some bleeding for the first couple of days. If necessary, change the dressing but if the bleeding continues or the discharge becomes yellow or creamy, please contact my rooms.
- You should try and do the exercises (as shown on the next page), 2 – 3 times per day. Be sure to rest and ice the knee in between exercises if it is painful or swollen.
- You should try and walk as normally as possible after your operation. Try to walk with a normal heel-toe gait and without a limp. For the first 3 – 4 days, keep your walking to a minimum. After this, slowly increase the amount of walking guided by the amount of pain or swelling you may be feeling.
- I normally suggest taking it reasonably easy for the first week or two before returning to work, particularly if your work involves manual labour or excessive physical exertion. Sedentary work may be undertaken earlier than this, depending on how comfortable the knee is. Please note that this is an arbitrary time and people do vary considerably in the actual time they take to return to work.
- You may drive once you have good strength and mobility in your leg and minimal pain. You should make certain you could brake suddenly if the need arises. Legally, you must not drive within 24 hours of having an anaesthetic.
- Return to sporting activities should be discussed with me personally, which will take place at your post-operative appointment.
- It is likely that your knee will take some weeks before it will recover fully, so it is a good idea to not expect too much too soon.



HOME CARE INSTRUCTIONS

KNEE ARTHROSCOPY

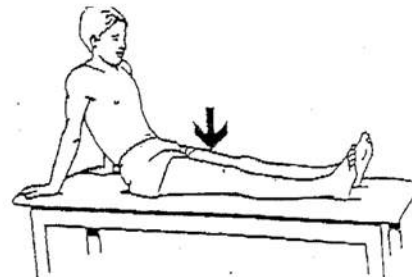
DAY SURGERY AND INPATIENTS

Exercises are very important following knee arthroscopy. The aim of exercise is to:

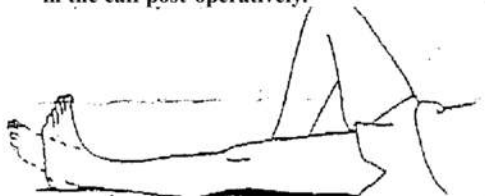
- Strengthen muscles
- Regain knee movement
- Minimise swelling

You need to begin exercises immediately after surgery and continue three times daily for at least two weeks post-operatively. Try ten repetitions of each exercise. Icepacks are useful to minimize pain and swelling. Use them for 20 minutes every two hours for the first two days (when you are awake). Do not place ice directly on skin – wrap in a damp cloth or towel. If pain or swelling prevents you from doing your exercises, please call your physiotherapist to seek advice.

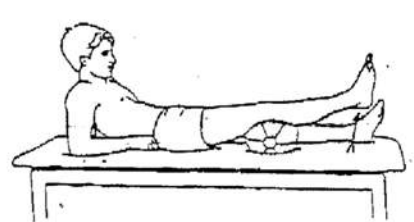
4. **Static Quadriceps:** push your knee down flat into the bed by tightening the quadriceps muscle at the front of the thigh. Hold for five seconds.



1. **Ankle Pumps:** (do these HOURLY whilst awake for the first two days). Pump both feet up and down and move in circles. This helps prevent pooling of blood in the calf post-operatively.



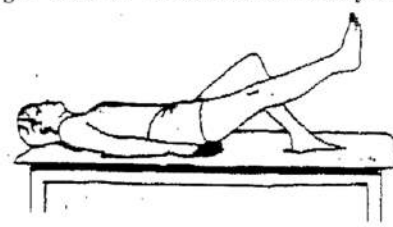
5. **Inner Range Quadriceps:** with a rolled towel under your knee, push your knee downwards and lift your foot/heel off the bed.



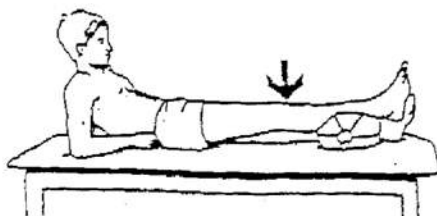
2. **Knee Flexion:** either sitting or lying, gently bend your knee as far as pain allows. You may assist by placing hands under your thigh and lifting gently.



6. **Straight Leg Raises:** lying on your back, lift the whole leg about 30cm off the bed. Keep your knee straight. Hold for five seconds and slowly lower.



3. **Extension:** gently use your hands just above the kneecap to stretch your knee down to straight or rest with rolled towel under your heel.



7. **Daily Walking:** you should try to walk as normally as possible after surgery, without limping. Gradually increase the amount of walking that you try each day, guided by pain and swelling.

