

### **BANDAGE**

Your knee will be covered in a double length tubi-grip stretch bandage, some woollen padding and Opsite waterproof dressing/steristrips to cover the puncture wounds.

1. Tubigrip can be removed for showering and re-applied (it can be shortened if desired).
2. The woollen padding can be discarded after 24 hours.
3. The Opsite dressing and steristrips should be left in place for 10 days.

Occasionally blood and fluid collect under this dressing – if this leaks it can be replaced by 2 bandaids. Further excessive bleeding may require re-bandaging – please contact Mr Duncan.

### **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 (see following page).
- 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.

The puncture wounds often remain tender and puffy for 1-2 months and benefit from gentle massage, once healed. The quads (thigh) muscle may lose power for 4-6 weeks so take care with stair descent.

### **FOLLOW UP**

You will be given an appointment card to see Mr Duncan 2-3 weeks after surgery.

If unsure, please contact Mr Duncan's rooms in the next few days.



# 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.*