



Knee Arthroscopy – Post-op Instructions

Bandage / dressings

Your knee will be covered in a crepe bandage and woollen padding. Underneath this will be a clear dressing and Band-Aids covering the wounds.

The outer bandage and woollen padding can be removed the day after surgery and replaced with elastic Tubigrip for the next week.

Leave the wound dressings / Band-Aids intact for 5 days. These can then be peeled off and left open. If the wound needs further covering then apply Band-Aids.

Occasionally, blood and fluid collect under the dressing. If this occurs and the dressing leaks then peel off and replace with Band-Aids.

Pain / swelling

The amount of swelling varies, depending on the condition of the joint and how much needs to be done at surgery.

You will be given a prescription for analgesia, to be used as required.

To avoid excessive pain / swelling, be careful with activities and follow post-op physiotherapy instructions.

These will include:

- Regular ice to the knee
- Rest
- Leg elevation
- Simple knee bending exercises
- Avoid kneeling, excessive walking, prolonged standing

Recovery

Recovery times vary, but in general:

Day 1-3	Rest, light use only
Day 4-10	Short walks, simple activities
Day 7-14	Longer walks, light office-based work
Week 2-4	Increase activities as comfort permits, light manual work
Week 6+	Full activities

Post-op review

There will be a post-op appointment made approximately 2 weeks after surgery.

Dr Begg will check the knee, discuss any findings and discuss further management with you.

If you experience excessive pain in the knee or the calf, excessive swelling, wound concerns or other problems then please call Dr Begg's rooms on 08 8236 4131 OR the hospital which you attended.

Clinic Surgeons

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