

Susan Street Specialist Centre
52 Susan Street
Newtown NSW 2042

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Post operative instructions

Knee arthroscopy

General Instructions

- Apply an ice pack to the knee 15-20 minutes at a time for the first 2-3 days.
- Swelling and bruising is normal. Elevate knee above the level of your heart to reduce swelling. For example rest your leg and knee on a pillow.

Dressing

- Keep dressing clean and dry for the first 48 hours
- Remove bandage at 48 hours leaving the waterproof bandage underneath in place
- Do not get the wound wet until stitches are removed by Dr Horsley at 10 to 14 days after your surgery. You may shower with the waterproof dressing on after 48 hours.

Exercises

- Crutches may be given before discharge from hospital. It is OK to use these for support. Wean off crutches as you feel it is safe to do so.
- Full weight bearing is allowed unless otherwise instructed.
- It is important to maintain motion of the hip, ankle and toes. Straight leg raising and ankle range of motion exercises should be performed every hour.
- Avoid strenuous activity until you have been cleared by Dr Horsley.

Pain

- The knee will be infiltrated with local anaesthetic following surgery. This usually wears off around 12 hours following surgery.
- Pain medications will be prescribed when you leave the hospital.

Call Dr Horsley if:

- Persistent bleeding
- Signs of a blood clot (calf pain)
- Signs of infection (fevers, redness, drainage from wound)

