**Knee Arthroscopy – post op protocol**

The surgery on your knee will have been performed through two or three small stab incisions (1cm) long. Usually there are no stitches and the wound has been closed with skin closure tapes called Steri-strips. On top of this is a thin layer of cotton wool padding and finally a firm crepe bandage, this is changed to a stocking bandage before you leave the hospital.

The knee will feel sore from the stab incisions and sometimes “squelchy” due to the remaining fluid inside the knee.

# Wound care:

# Keep the knee dry when showering by using waterproof dressing to cover the wounds. After that may shower without any protection, if the wounds are dry.

If the steri-strips begin to lift off they can be replaced with simple Band-aids after gently drying the wounds.

# Knee Exercises:

From the first day after surgery, you should practice quadricep exercises, that is, pushing the knee and leg straight and tensing the front thigh muscles for 10 seconds. These exercises are done in sets of 20 at least four times daily. You may bend the knee as tolerated and when comfortable can straighten the knee out from the bent position as an exercise, again in sets of 10.

You may also practice straight leg raising exercises: lifting the leg from the floor or bed, holding it for 10 seconds and then lowering it slowly

All these exercises are done when the knee is comfortable and should not cause any increase in pain.

# Pain Relief:

One of the advantages of arthroscopic surgery is that the incisions are small. Postoperative pain is usually minor and simple analgesics such as Panadol, or Panadeine or an anti-inflammatory are usually sufficient.

If you have not been given tablets please make sure you are given a prescription before discharged home.

# Walking, Exercise and Work:

You should be able to walk taking most of your weight through the operated leg on the day or the day after your surgery. You may require a walking stick or occasionally crutches.

You should not engage in any vigorous activity or significant outdoors walking for 7 days after your surgery.

If employed in office type work, you may need about a week off work.

If you do manual work or are on your feet most of the day, you may require up to 2 weeks off work, occasionally longer, returning to light duties and working up to heavy labour over 4-6 weeks.

**If you try to exercise or walk too soon you will have increasing pain and possibly swelling or bleeding within the knee which may delay or hinder your overall recovery.**

Driving:

 Your reflexes need to be normal (law and insurance requirements). You need to be able to brake and accelerate with force quickly. If you have a considerable limp then the leg is not “normal” and you should not drive

**If there is redness, increasing pain, bleeding or any form of discharge from the wounds (apart from some clear water for the first day or two), contact me immediately.**

# Follow-up Appointment:

## **I would like to review you about 2 weeks after surgery.**

## **Please call or email my rooms (details at the bottom of this page) to confirm your appointment.**