



Post operative information

arthroscopy of the knee

Wound care

- The padded bandage on the knee can be removed the next day or even the day after. This bandage must be kept clean and dry until it is removed. If it accidentally gets wet, it will need to be replaced as soon as possible. If the bandage feels too tight or too loose then re-apply as appropriate
- The dressings underneath stay in place for a further 10-14 days. When the bandage and padding is removed you can shower but ensure that the dressings are intact and as dry as possible. They are waterproof but can be dislodged. If so replace them with the dressings you are supplied with
- You may have stitches that are non-dissolvable. If so, please see your practice nurse or GP in 10 to 14 days to have them removed

What to expect

- Some discomfort, tenderness and swelling which will settle over the next one to two weeks
- A little bit of ooze (clear or blood stained) from the wound is normal
- You may need crutches if your consultant has requested them. Information as to how to use them will be provided
- Remember that although the external wounds are small, the interior structures may take some time to heal

What not to expect

- Severe pain not controlled by the pain relief tablets provided
- Wounds which become hot, red or inflamed, or have any discharge
- Excessive or persistent swelling of the lower leg
- A high temperature (38 degrees centigrade or more) or feeling generally unwell
- Bleeding through the padded bandage

If you experience any of these then seek medical advice as soon as possible.

Dos and don'ts

- You will have been provided with an exercise booklet which should be followed carefully
- Bending and straightening the knee gently as soon as it's comfortable enough will help decrease the swelling and stiffness
- No contact sports, ice skating, tennis, soccer or similar strenuous sports for four to six weeks or until you have been seen by your consultant
- Do not drive while it's not possible to apply pressure to the brake or clutch sufficiently without excess pain. This could last two weeks or longer
- When taking a shower make sure you have someone at home. Leave the bathroom door unlocked in case you need assistance

Eating and drinking

It is important to start eating and drinking as soon as you feel you can. Start with a light diet. Avoid fatty foods which may aggravate any feelings of nausea. If you feel nauseous, or are sick, then sip clear fluids regularly until it resolves.

If it does not resolve and you cannot tolerate anything then seek medical advice.

Pain relief

There may be some discomfort, therefore you should take your medication regularly for the next few days at least.

Paracetamol is next due at:

Take as directed on the packet.

Do not take more than 8 in 24 hours.

Ibuprofen/Voltarol/other non-steroidal is next due at:

Take as directed on the packet. Take with food.

If, when taken regularly, the pain relief does not control your pain and you feel that this is excessive then contact us for advice.

Special instructions for the next 24 hours

- Do not drive or operate machinery
- Have a responsible adult with you for the next 24 hours
- Do not sign any important documents
- Do not drink alcohol
- Go straight home and rest

Dos and don'ts

You will need

days/weeks off work. We can supply you with a sick note for your employer if required.

Any follow up will be arranged for you before you leave the hospital.

In the event that this cannot be organised it will be sent to you in the post.

Important numbers

In an emergency call 999.

A nurse from the hospital will ring you the following day sometime after 2pm to see how you are and to answer any questions you may have. If your operation is on a Friday you will usually be called on Saturday or the following Monday.

Practice Plus Group 24hr Patient Advice Line
0117 906 1900 or 01749 333 600

24hr Clinical Support Lines

Devizes Surgical Centre | Emersons Green Hospital - 0117 906 1900

Plymouth Hospital - 01752 506 020 | Shepton Mallet Hospital - 01749 333 600