



DR L. ANDREW ASHTON

B.A., B.Med., FRACS (Orth) Orthopaedic Surgeon

POST OPERATIVE INFORMATION

Knee Arthroscopy

Normal Symptoms:

- Discomfort in knee
- Mild swelling

The following symptoms are **NOT** normal:

- Prolonged vomiting
- Excessive bleeding
- Redness around the incision
- Fever or chills
- Increasing swelling or numbness

If you experience any of the above symptoms you should seek medical advice. Please contact your nearest Emergency Department.

Diet:

Normal healthy diet as tolerated.

Activity:

- Rest easy. For 2 days you should elevate your foot when sitting/lying.
- Use ice on the knee regularly until your post operative visit at 3 weeks.
- You should keep activities light and to a minimum for the first few days. Resume activities as knee will allow. Increased swelling and pain is usually a sign of over activity and should be a signal to do less.
- No kneeling or squatting.
- To help you get over the arthroscopy surgery it is important to start gentle exercises straight away - straight leg raises and range of motion exercises.

Medications:

- If you have any pain or swelling, elevate your leg, put ice on your knee and rest.
- You may use oral analgesia (eg Panadol) as required.

Driving:

No driving until you feel you would be able to brake suddenly if the need arose and you can comfortably get in and out of a car. Be guided by your pain.

Dressings / Wound care:

- Bandage may be removed 72 hours post surgery, and then replace with tubigrip (leave cutifilm adhesive dressings on or replace if they are loose).
- Keep bandage dry.

Hygiene:

- Until the bandage is removed, you must cover the knee with a plastic bag when showering or bathing. Once the bandage is removed, you may shower as normal leaving the adhesive strips to come off on their own.
- You should not soak the area in water for the first 2 weeks. Dab dry the area carefully after showering/bathing.

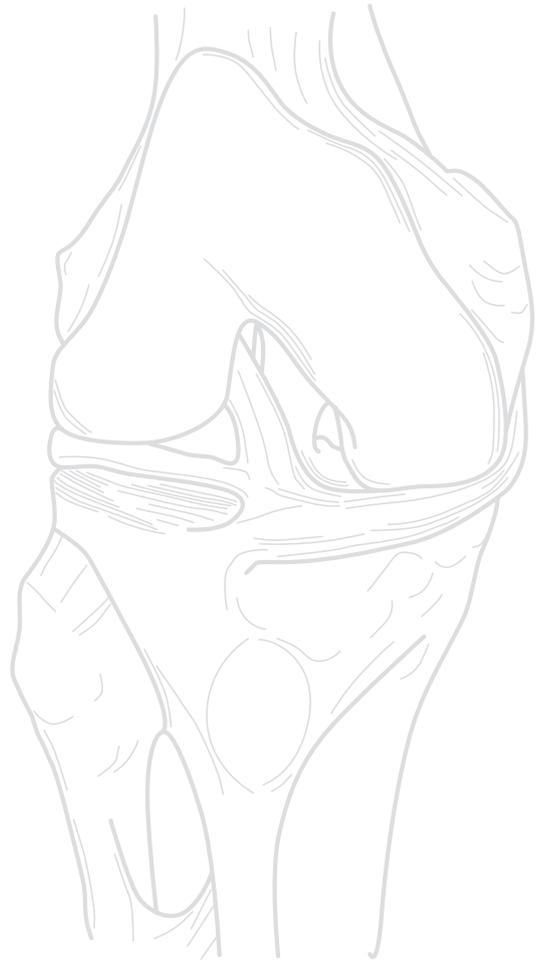
Sex:

You may resume sexual relations when you feel you are ready. Let your body guide you.

Legal requirements following an anaesthetic or sedation:

For a 24 hour period you are NOT allowed to:

- Drive a car as directed by Doctor
- Operate machinery
- Drink alcohol
- Sign any legal or important documents.

Follow-up Appointment**DR L. ANDREW ASHTON**

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