

Aftercare following knee arthroscopic surgery (1 of 3)



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

An arthroscopy is an operation using a small telescope and camera to look inside your knee joint. It can be used to see if there is anything wrong inside the joint, and any torn cartilage or loose tissue can be removed during the operation.

After the operation

Discomfort: You may experience some discomfort or stiffness. You will be given some painkillers to take home - take these regularly at first and reduce as the pain decreases.

Activity: Unless told otherwise, you may put as much weight on your leg as feels comfortable.

We advise resting your knee for a couple of days. During this time:

- Do not spend too much time walking.
- Spend most of your time at home and rest your leg up on a stool, making sure the knee is well supported. This helps to reduce any swelling of the knee.
- Any swelling can be treated with an ice pack. Apply it for no more than 15 minutes and always use a cloth between the ice pack and your knee to avoid an ice burn.

You may be given a stick and taught how to use it. Please bring it back when you attend your follow up appointment in outpatients.

Wounds and stitches: You have two or three small puncture wounds and these have been closed with: (to be completed by the nurses)

- Stitches
- Steri-strips
- Nothing

After surgery, you will have a padded bandage on your knee, which can be removed after 24 hours. You will find a small adhesive dressing underneath, which must stay on until any stitches are removed.

Further advice

Keep the wounds dry for 10 days.

You may shower, but protect the wounds with large waterproof plasters. Drive only when you have regained full strength in your leg and can perform an emergency stop.

You should avoid flying in an aeroplane for 6 weeks after your operation.

Day Surgery Unit
01722 336262 ext 4554

If your knee becomes very swollen, very hot, very red and very painful, seek medical advice immediately.

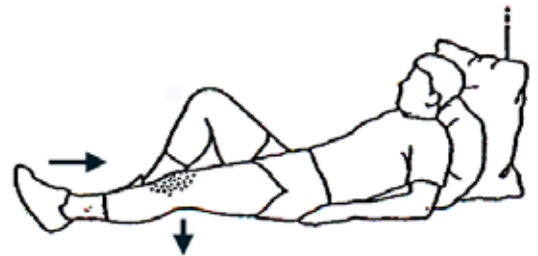
Follow up

You will be given an appointment to be seen in the outpatient department between 2 and 6 weeks after the operation.

Exercises

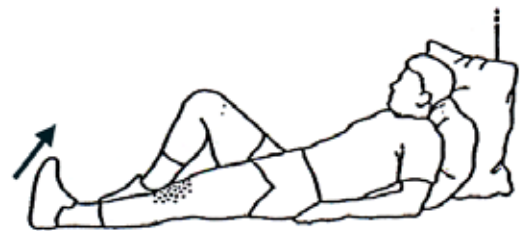
1 Static Quadriceps - start this exercise immediately

- lie on a bed or settee with your back supported with a pillow.
- pull the foot of your operated leg up towards you.
- tighten the muscle on the top of your thigh, pushing the back of your knee down into the bed or settee. Hold for 5 seconds then relax.
- repeat this 10 times every 1 - 2 hours.



2. Straight Leg Raise - start this exercise immediately

- lie on a bed or settee with your back supported with a pillow.
- tighten the muscle on the top of your thigh and straighten your knee. Keep your knee straight and lift your leg up a couple of inches. Hold for 5 seconds and then slowly lower.
- repeat this 5 times every 1 - 2 hours.



3. Knee Bending - start this exercise after the bandage is removed

- lie on a bed or settee with your back supported with a pillow.
- slide your heel up towards your bottom easing your leg into a bent position. Stop when you feel pain. Hold for 5 seconds and slowly straighten your knee.
- repeat this 5 times every 1 - 2 hours.



4. Stairs

- going up: always put your un-operated leg up on to the step first. Then bring your operated leg up to join it.
- going down: always put your operated leg down onto the step first. Then bring the un-operated leg down to join it.



For further advice contact:

Chilmark Ward on ☎ 01722 336262 ext 3140 or

Amesbury Ward on ☎ 01722 336262 ext 3117