

PRE-OPERATIVE CHECK LIST

- Bring your regular medication and relevant medical documents.
- **Bring all XRays, Scans, MRI of your knee.**
- Tell us your allergies.
- No **food or drink up to 6 hours** before surgery.
- Check on the program on post-operative exercises and rehabilitation.
- Wear comfortable loose clothes and shoes.
- Arrange for someone to drive you home after surgery.

POST KNEE ARTHROSCOPY SURGERY INSTRUCTIONS

After arthroscopic surgery is over a bulky crêpe bandage applied.

Initially your pain will be controlled as local anaesthetic is infiltrated into the portals.

The pain in your knee may increase in the first few days and should be managed with multi-modal treatment.

You can control your swelling and pain with

- (1) Pain medication eg Panadeine forte. Pain medication script will be provided.
- (2) Cryotherapy - cold pack
- (3) Anti-inflammatory tablets eg Ibuprofen

I encourage you to mobilise straight after the surgery and begin some simple home based exercises. Most patients will not need crutches.

1st Day: You can remove the bulky dressing and reapply waterproof dressings as required. It is important to keep the portals dry and clean. Some blood staining on the original dressings is normal. You can shower with the waterproof dressing left on.

The hospital will provide you with a tubigrip (stockingette) to put on over the waterproof dressings which helps reduce swelling.

After 3-5 days as your pain is more manageable you should see your physiotherapist and begin your physiotherapy program.

Please call to arrange a follow-up visit at 10-14 days post surgery.

FIRST FEW MEALS after arthroscopy should include light, easily digestible food and plenty of fluids. Some people may experience slight nausea, a temporary reaction to anaesthetic.

DRIVING

As a general rule you should be able to drive safely as soon as you can perform an emergency stop. You should not require strong pain killers any more. Right knee arthroscopy

FLYING

This is controversial. The main concern, especially with longer flights is increased incidence of spontaneous DVT (deep venous thrombosis), even in the young and healthy passengers. Ideally no flying for 2 weeks after a knee arthroscopy.

RETURN TO WORK

This very much depends on your job and the demands it places on your knee. Office based workers may be back working after 3-5 days.

WARNING SIGNS

Call your immediately if you experience any of the following:

- Fever
- Chills
- Persistent warmth or redness around the knee
- Persistent or increased pain
- Significant swelling in your knee
- Increasing pain in your calf muscle

INITIAL EXERCISES

Perform all the exercises regularly throughout the day.



CIRCULATION EXERCISES

Sit or lie with your leg elevated, to allow your foot to be higher than your hip, and practise pedalling your feet up and down at regular intervals throughout the day.



QUADRICEPS EXERCISE

Lying on your back with your knee straight push your knee firmly down against the bed to tense your Quads (thigh) muscle. Hold for 5 seconds. Relax.



STRAIGHT LEG RAISE (SLR)

With your knee straight, push it down to tense the Quads, as above, pull your toes up towards you and slowly raise your straight leg 20 cm off the bed. Hold for 5 seconds and lower.



TERMINAL KNEE EXTENSION (INNER RANGE QUADS)

Lying or sitting on the bed, place a rolled up towel under your knee allowing your heel to rest on the bed. Tighten your knee to straighten it, keeping the back of your knee on the towel and raising your heel off the bed. Hold for 5 seconds.



KNEE FLEXION AND EXTENSION EXERCISES IN A CHAIR

Sit in a chair and bend your knee to allow your foot to rest on the floor. Practice bending and straightening your knee. Pull your toes up towards you and tighten your thigh to straighten your knee. Hold straight for 5 seconds, relax and bend as far as you are able by sliding your foot on the floor.



EXTENSION

To make sure your knee is straightening fully, try lying or sitting on the bed with your heel only supported on a pillow or rolled up towel, to allow your knee to relax into a straight position.