

Instructions for Patients having knee arthroscopy

1. Wool & Bandage dressing to be changed to doubled elastic dressing prior to discharge. This to be kept dry for 5 days. On 5th Day the elastic bandage to be removed, then patient can have shower, getting white dressing wet. On exiting shower, the white dressing to be removed, the knee and underlying dressings/ wound to be dabbed dry and the elastic bandage to be reapplied. (If the elastic bandage is too uncomfortable or causing more discomfort than when left off, then it can be left off)

Each day after the 5th day, the patient may continue to have a quick shower, and following the regime above. If I have used sutures, these should be removed by myself at 10-14 days, otherwise usually steristrips used (sticky tape) and if these should fall off and the wound fresh, they should be replaced with band-aids. If steristrips fall off and wound healed, leave off.

Do not soak in pool, sea or bath until I have reviewed patient.

2. Patient to be encouraged to regain full range of motion, and to walk independently over first 2 weeks.
3. After discharge, ring Debbie on 8376 9988 for an appointment for follow-up approximately 12-14 days after surgery.
4. Physiotherapy usually to see patient prior to discharge, but none otherwise required until after I have seen patient at follow-up.
5. Usually pain improves on a daily basis, but patient to rest at home and slowly do more each day. **If however pain suddenly increases, knee swells or redness or fluid discharges, please contact me ASAP- pager available on 8378 3365.**