



Post Op Instructions

Knee Scope

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1. Wool & Bandage dressing to be changed to doubled elastic dressing the next day. **This to be kept dry for 5 days.** If this is too tight or causing leg to swell, it can be left off.

Otherwise 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 sutures have been used, these should be removed by myself at 10-14 days, otherwise usually Steri-strips used (sticky tape) and if these should fall off and the wound is fresh, they should be replaced with band-aids. If Steri-strips fall off and the wound is healed, leave off. **Do not soak in pool, sea or bath until you been have reviewed by myself.**

2. Patient to be encouraged to regain full range of motion, and to walk independently over first 2 weeks.

3. On discharge you should be given an appointment for follow-up, approximately 12-14 days after surgery. If you did not receive an appointment card please phone Debbie on 8376 9988 to book an appointment.

4. **Overnight stay only:** Physiotherapist usually to see patient prior to discharge, but otherwise not 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- Phone 8376 9988 or After hours Pager on 8378 2179.