



**GLENELG**  
ORTHOPAEDICS

## **Knee Arthroscopy**

### **Instructions for Patients**

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## Knee Arthroscopy

### Instructions for Patients

1. Wool & Bandage dressing to be changed to doubled elastic dressing prior to discharge. This to be **kept dry** for 5 days. On 5<sup>th</sup> 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 5<sup>th</sup> 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 steri-strips used (sticky tape) and if these should fall off and the wound fresh, they should be replaced with band-aids. If steri-strips 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. **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- 8376 9988 or pager available after hours on 8378 2179.**

**Gavin Nimon**