

# Knee Arthroscopy

## After surgery

The small incisions generally heal without much of a scar; the stitches are removed after 10-14 days at your post-operative appointment. We advise patients to leave waterproof dressings on until this time. The knee can be washed but should be dried thoroughly.



Patients are normally discharged home 4-6 hours after surgery. You will be given specific pain killers / anti-inflammatories which the discharge nurse will go over with you before you leave the hospital

If you are discharged home the same day following a surgical procedure in the DSU you will be contacted within 24 hours by a nurse educator to assess your progress and to answer any queries you may have.

Full weight bearing after surgery is acceptable provided that you are comfortable. Crutches can sometimes be required, please ask the hospital staff for the correct instructions on their use before you leave.

You can remove the bandage but leave the wound dressing intact. You can shower and wet the operated area but be sure to dry thoroughly. Apply tubi-grip mid-thigh to lower calf.

Patients should try to do at least 200 straight leg raise exercises per day for the first week after surgery. Please see enclosed sheet for details on exercises.

It is possible to return to work the day following surgery, however we do recommend that you rest and elevate the leg with ice for 5 days.

Should you need a medical certificate please ask the rooms and we can supply this for you.