

Dr Angus Nicoll

MBBS FRACS (ORTHO)
Provider No: 2117936K
Phone No. 5597 3927
Fax No. 5597 5019
ABN 54 120 598 030



Suite 402, Level 4
Pindara Specialist Suites
29 Carrara St
Benowa Qld 4217
www.gcos.biz

Consultant Orthopaedic Surgeon – Surgery of Hip & Knee

KNEE ARTHROSCOPY SURGERY POST-OPERATIVE INSTRUCTIONS

I. ACTIVITY LEVEL:

- A.** Rest with elevation of the operated knee above the level of the hip, as often as possible. Continue this until pain and swelling have mostly subsided.
- B.** You may apply ice in a bag to your knee for 10-15 minutes at a time, no more than once every hour. Take care not to injure the skin by direct application of freezing temperature.
- C.** Begin walking with weight bearing as pain allows. Rarely, crutches or a walking frame may be needed for comfort and safety. Try to walk normally even if putting some weight on crutches. No kneeling, jumping, squatting or running is allowed until after the first post-operative review.
- D.** Your range of motion exercises should be done 3-5 times daily.

II. MEDICATION

A. Prescription medicine may be given to you prior to discharge. Prescription medicines may make you drowsy and/or dizzy, therefore driving a car or operating machinery is not allowed. Simple analgesic (pain relief) medicine with paracetamol only may be substituted for prescription medication as your pain permits.

III. CARE of INCISIONS

- A.** The outer dressing may be removed 2 days after your arthroscopy surgery. Leave the inner dressings clean, dry and intact until your first post-operative review if possible. You may reapply the outer bandage for support and to help with comfort and swelling as needed. If all the dressings are inadvertently removed, cover the puncture wounds with band-aids and keep them clean and dry.
- B.** Keep the incisions clean and dry after surgery. Showering is permitted, keeping the affected area dry by wrapping the knee with a plastic bag. No baths or swimming until the incision is completely healed, (about 2 weeks). Routine showering may be resumed after first post-operative visit.
- C.** Once skin edges have healed together, scars may be massaged with a vitamin E cream. Scars may be kept covered with clothing or sunscreen when out in sunlight to minimize discoloration. Some numbness around the incisions is normal during the healing.

This information should serve as a general guide after surgery. As this is general information, your own care may be modified based upon the specific nature of your surgery and general condition.