

Postoperative Care for Knee Arthroscopy Patients

Information for Patients of Dr David A Parker

You have just had arthroscopic surgery on your knee. The following information is provided to help you with your recovery and instruct you on the care of your knee during the recovery period.

1. Your knee is injected with local anaesthetic at the end of the procedure. This means that it will usually be relatively comfortable when you wake up from the surgery. The local anaesthetic will usually wear off during the first twelve hours after the surgery. Your knee will probably become more painful at this time. On discharge from hospital you will be provided with a prescription for some painkillers which you can use when this occurs. The prescription painkillers will be quite strong and should be used when the knee is very uncomfortable. If the pain is relatively mild then a non-prescription tablet such as Panadol can be used.
2. Your knee will have a heavy bandage on at the end of the procedure. This can be decreased in size on the second post-operative day. you should remove the dressing down to the steristrips that are stuck to the skin. Leave the strips on and apply the waterproof dressings given to you by the hospital over the top of these strips. Then reapply the outer elastic bandage over the top of these dressings. The waterproof dressings allow you to have a shower but not swim or bathe. Dry the area thoroughly after showering. These dressings will be removed when you see the doctor after two weeks.
3. You will be given a referral for physiotherapy when you leave the hospital. This is to help you regain your movement and strength. You should see the Physiotherapist within 2-3 days of leaving the hospital.
4. If you are having trouble walking then you may need to use crutches for a short period until you feel as though you are walking relatively normally. These can be supplied by the Physiotherapist at the hospital if it looks as though they will be necessary.
5. You should see Dr Parker two weeks after the surgery. This is to check the wounds, make sure you are progressing with the physiotherapy and to further explain the findings of the surgery.
6. If you have any concerns, then you should get in touch with Dr Parker prior to the arranged appointment. This can be done by calling the rooms at the above number during office hours (8.30am to 4.30pm) or by calling the North Shore Private Hospital (8425 3000) or Royal North Shore Hospital (9926 7111) switchboards outside office hours who can then contact Dr Parker.