

David Stock BSc, MB, BS, FRCS (Tr and Orth)

Consultant Orthopaedic Surgeon

Tel: 01604 795 412

Mobile: 07779 168173

david.stock@thecountyclinic.com

Knee Arthroscopy Advise Sheet

You should keep the incisions clean, dry and covered. They will be covered with tegaderm dressings. The aim of the dressing is to keep the edges of the cuts together, just like any normal cut. Tegaderm dressings allow showering, but not bathing. You should try and maintain the dressings for 10 days. If the dressing is peeling and you are not keen to take it off, then it may be best to reinforce it with a further dressing on top, and try to keep it as dry as possible. You may have stitches.

You should not drink alcohol, drive, operate machinery or make important decisions for at least 24 hours following a general anaesthetic.

It is important to limit any knee swelling after the operation. Less swelling, less pain and a quicker recovery.

RICE

Rest – for 48 hours after the operation only undertaking activities that are necessary

Ice – cooling the knee helps reduce swelling and helps with pain control.

I encourage the use of a cryocuff which can be used continuously throughout the day, taking it off at night.

If you are using ice instead of a cryocuff, use crushed ice inside a damp tea towel. You can "ice" for 10 minutes at a time during the day approximately every 1-2 hours. Be careful not to burn the skin.

Compression – after 48 hours when you begin to get up and around, a double tubigrip (elasticated stocking) should be used during the day and taken off at night. Whenever possible take the tubigrip off and use the cryocuff.

Elevation – when possible rest with your foot up and supported, higher than your hip.

It is easier to keep out of pain, rather than get rid of pain once it has started. If allowed, take anti-inflammatories (such as Ibuprofen) and simple pain killers (ie paracetamol) for the first 5 days. Some patients find anti-inflammatories make them nauseous and give them a "stomach upset". If in doubt check with me or your doctor.

Returning to work will depend on your knee and the practicalities of getting in and out of work and your work environment.

You can drive when you are safe to do so, but you should check with your insurance company,