



*Better
Together*

Patient information

Knee Arthroscopy Aftercare

Trauma and Orthopaedic Directorate

Findings:

1. _____
2. _____
3. _____

Operation performed:

1. _____
2. _____
3. _____

Your operation was performed through small holes made in your skin, which may or may not require stitches. Those that don't require stitches are held together by steristrips (small strips of plaster), which can be removed by you after about one week. If you have stitches we will arrange for these to be removed at ten to twelve days.

Even though only small incisions (cuts) were needed for your surgery, the amount of surgery done was the same as if a full open operation had been performed.

After your operation:

You may get up and use your leg freely and usually no crutches are needed. Crutches are available and the physiotherapist will assess you to see if they are necessary.

Most patients leave hospital the same day though occasionally an overnight stay may be necessary e.g. if you have had both knees done at the same time.

Keep the bandage on your knee for 48 hours and if it falls off, put it back on again firmly (this helps reduce the swelling). Do not allow the bandage to get wet.

You can have a shower after seven days but you must keep the incisions (cuts) covered with plasters given to you on the ward until your follow up appointment.

A physiotherapist will advise you on the exercises you need to do after your operation and will give you an exercise sheet with these on.

Usually no physiotherapy is needed and should it become necessary, it will be arranged at your follow up appointment.

You will be reviewed in clinic after your surgery.

Knee swelling:

This is usual after any knee surgery, although swelling following an arthroscopy is less than with an open operation.

Your swelling can be controlled by:

- Resting your leg as much as possible (apart from your exercises).
- Not overdoing things in the early postoperative period (seven to ten days).
- Wearing a firm bandage or elastic knee support until the swelling has gone.

- Icing your knee for 20 minutes, three times a day or after exercise will help reduce the swelling. Gel packs, iced peas or a plastic bag of ice all work well.

Please note: these must be wrapped in a damp towel before being put on your skin as direct contact with the skin can cause burns.

- Keeping the muscles in your leg strong by doing your exercise programme.
- Using anti-inflammatory medication. If this is considered necessary it will be prescribed for you.

Problems/Further Information

If you are having problems with your knee, or need any further information, please contact the relevant Consultant's secretary through switchboard.

Monday to Friday 9.00am to 5.00pm

Tel number : 0151 706 2000

Text phone number: 18001 0151 706

Or your family doctor (GP)

**Out of hours contact either
Orthopaedic Ward One**

Tel: 0151 6001312

Text phone number: 18001 0151 600 1312

NHS 111 Service

Tel: 111

Or your local walk in centre.

Author: Orthopaedic Directorate

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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