

POST OPERATIVE INSTRUCTIONS: Knee Arthroscopy



T O W N S V I L L E

ORTHOPAEDIC

Dr. James Price

CLINIC

GENERAL

1. Have a responsible adult with you for first twenty-four hours after surgery.
2. Do not drive a car or operate machinery for first twenty-four hours.
3. Do not drive a car after an arm or leg operation at least until the sutures are removed, and not at all with a plaster.
4. Do not make important decisions in the first twenty-four hours.

DRESSINGS AND WOUNDS

1. Leave all dressings intact for the first three days.
2. On day four take off bandage and wool, but leave sticky dressings on.
3. If sticky dressing becomes soiled or dirty it maybe replaced with another of the same type.
4. Keep wound and dressings dry (cover in plastic bag for shower).
5. Once bandage & wool are removed, the sticky dressings are waterproof and you can shower carefully.

PAIN RELIEF

1. Initial pain maybe minimal due to the ongoing action of the local anaesthetic, but this will wear off after approximately eight hours. Therefore pain relief should be taken prior to going to bed on the first night post-operatively.
2. Take analgesia regularly; do not let pain get out of control.
3. You will receive a script for Panadeine Forte or a similar painkiller.

ACTIVITIES

1. For the first three days, minimize activity, elevate your leg and apply ice packs regularly.
2. Use crutches as needed according to pain. Discard your crutches when able.
3. At four days you may increase your activity levels proportional to pain.
4. Avoid heavy activities and avoid undue pressure or tension on the wound.
5. If your knee becomes excessively swollen or painful, reduce your activity and elevate / ice your knee.

PRECAUTIONS

1. Please call us if any of the following are worrying you
 - a. excessive bleeding or discharge.
 - b. excessive swelling
 - c. excessive pain
 - d. severe fevers or chills
 - e. if your stitches have burst or become excessively sore

Contact Details:

- a. Normal working hours call Dr. Price's rooms on 4728 8500
- b. After hours call the Mater Hospital switchboard on 4727 4444 or the Orthopaedic ward at the Mater on 4727 4443.
- c. Call your G.P. if the above fails.

POST-OP APPOINTMENT

Your post-operative appointment will be on a Tuesday morning approximately ten (10) to fourteen (14) days after your operation.

Call my Secretary on (07) 4728 8500 to confirm your appointment time prior to this day.