



AUCKLAND BONE AND JOINT SURGERY

MR. BOYLE'S KNEE ARTHROSCOPY POST-OP INSTRUCTIONS

1. Activity

- Elevate your leg at the level of your chest for 48 hours after surgery – this will help to decrease swelling.
- Do not engage in activities that increase knee pain or swelling in the first 2 weeks after surgery, such as stair climbing, prolonged sitting or prolonged standing.
- You may return to office work 3-4 days after surgery if your pain is tolerable. If you have a more active job, you may require 4-6 weeks until you can return to work comfortably.

2. Wound Care

- Loosen your bandages if your knee feels tight or your foot or ankle swells.
- Please remove the outer crepe bandage wrap 2 days after surgery, but keep the underlying sticky plastic dressings on. If the underlying plastic dressings are heavily blood stained, please get your GP's practice nurse to change these. Please leave the plastic dressings on until your suture removal appointment.
- You may shower once the crepe bandage has been removed (before then please cover the leg with a plastic bag or have a sponge bath). Try to avoid direct water flow onto the plastic dressings. Please pat the dressings dry afterward. In general, keep the dressings clean and dry.
- Do not get into a bath, tub or pool for 3 weeks after surgery.

3. Icing

- Please apply ice packs to your knee every two hours for 30 minutes for the first 24-48 hours after surgery to help decrease swelling. Thereafter you may apply ice packs to your knee 3-4 times per day for 30 minutes until swelling is resolved.

4. Brace

- Most knee arthroscopy patients do not require a knee brace.

5. Crutches

- Most knee arthroscopy patients do not require crutches.
- If meniscal repair or microfracture is performed, then crutches may be provided.
 - If you have been provided with crutches, please use these at all times, and remain partial weight bearing on your operative leg for 6 weeks.

6. Physiotherapy

- You will be provided with a rehabilitation protocol for your physiotherapist as part of your hospital discharge paperwork – you must take this to your physiotherapist.
- Please make an appointment to see your physiotherapist for 2 weeks after your surgery.

7. Pain Control

- You have been prescribed strong pain-relieving medication by your anaesthetist for pain control after surgery. Please use the medicine as prescribed and do not drive, drink alcohol, or perform duties that require concentration (i.e. school or work) or manual dexterity while taking the strong medication.

8. Sports

- Do not resume any sports of any kind until discussing this with Mr. Boyle.

9. Follow-up appointments

- Please arrange to see your GP approximately 10 days after your surgery for suture removal.
- A follow-up appointment with Mr. Boyle should have already been made for you for 6 weeks after surgery. If not, please call (09) 281-6733 to schedule an appointment.

10. Driving

- Do not drive until at least 48 hours after surgery and only if you are walking comfortably without crutches. If you are unsure, please discuss this with Mr. Boyle or your GP.

WHAT IS TO BE EXPECTED:

- After knee arthroscopy, there is a variable amount of pain and swelling, often depending on how much surgery was done. This usually diminishes after several days. It is helpful to elevate your leg and apply ice regularly.

WHAT SHOULD BE REPORTED IMMEDIATELY?

- Signs and symptoms to report:
 - *persistent fever
 - *sudden increase in pain or swelling
 - *wound redness, drainage, or increased skin temperature
 - *increasing numbness
 - *deep calf pain and/or swelling
 - *shortness of breath

WHO TO CALL:

- If you have any problems please call Mr. Boyle's office at **(09) 281-6733**.
- For **urgent** problems after 5:00pm and on the weekend or on holidays, call Mr. Boyle directly or attend the Emergency Department of your local hospital.

