

Care of your wound after your arthroscopy

During your operation 2-3 small cuts are made through the skin and into your joint. This allows the surgeon to look inside your joint. When he has finished, these small cuts are sealed with paper stitches or nylon sutures. These are covered with a non-absorbent dressing and then cotton wool or velband. Finally, a crepe bandage is applied to keep the dressings in place and limit swelling.

The day after your operation, please remove the bandage and cotton wool or velband, **without** disturbing the dressing and then re-apply the crepe bandage. Please ensure that the bandage does not restrict circulation behind the knee. If in doubt, get advice.

The most important part of caring for your wound is to keep the dressings dry and clean and free from infection.

Do not disturb the dressings for 7 days. If you have sutures, they will be removed at your clinic appointment in 7 days. You can re-bandage your joint as often as needed. After 7 days, you can get into a bath or shower and the paper stitches will peel away.

If at any time you notice any discharge, smell, irritation, or redness around the wounds/dressings, **you must contact your doctor.**

Follow up procedure

- Not everyone needs an outpatient physiotherapy appointment, however if it is requested by your consultant you should have an appointment within 10 days. We will usually contact you at home to arrange this appointment within a few days of discharge. Any other follow up appointment will be given to you before you leave or sent to you by post.

- Do not start any sport until you have had this follow up appointment.
- Your return to work will depend on your job. Please discuss this with your doctor or physiotherapist.
- You may start to drive again when your leg is strong and mobile. Try sitting in the car using the controls while stationary and then progress to short journeys when you are confident and comfortable.
- Should you experience any increase in pain and swelling not relieved by elevation and rest, or any pain in the calf, please consult your doctor.
- We advise you to refrain from flying for at least 6 weeks after surgery.

If you require this leaflet in any other format, eg, large print, please telephone
01935 384590

If you have any questions or require further information or advice, please contact the following:

PHYSIOTHERAPY DEPARTMENT
(between 8:30 am and 5 pm) **01935 384358**

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03/09

Arthroscopy of the Knee (post-operative care)

Physiotherapy Department

AN OUTLINE OF POST-OPERATIVE CARE FOR PATIENTS

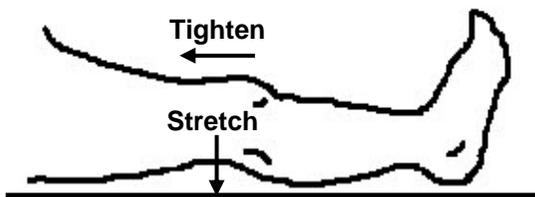
After your operation it is very important to start exercises as soon as possible.

The strength of the quadriceps muscles (ie, the muscles on the front of your thigh) is vital to knee stability and prevention of further injury. In order to strengthen these muscles, you should do exercises 1 and 2 as soon as you are sufficiently recovered from the anaesthetic.

1. Static Quadriceps Contraction

Pull your toes towards you, then tighten the muscle on the front of your thigh (quadriceps muscle). Your knee cap should move up your thigh as the back of your knee pushes into the bed and you should feel a stretch at the back of the knee. Hold this contraction for a slow count of four. You should do this in both lying and sitting positions. When sitting - start by sitting on the edge of the chair and keep your heel on the floor.

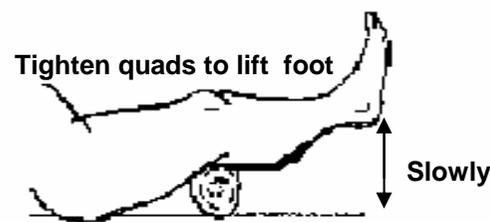
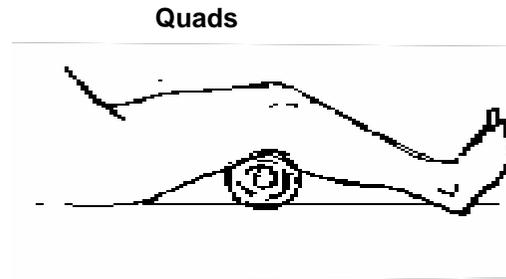
Repeat 10 times hourly



2. Inner Range Quadriceps Exercise

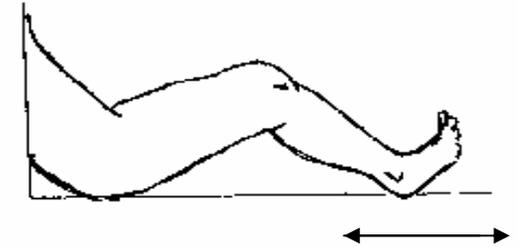
Sit or lie with a rolled up bath towel under your knee. Keeping your thigh in contact with the towel, slowly lift your heel off the bed, pulling your toes towards you until your knee is as straight as possible. Hold this position for a slow count of four, then gradually lower your foot to the bed.

Repeat 5 to 10 times hourly



3. Knee Flexion in Lying

Sit or lie with your legs out straight. Gently and slowly slide your heel towards your bottom until it feels tight, then slowly straighten your leg. Do this as pain allows. As your knee bend gets easier you can practice bending your knee while sitting in a chair.



Repeat 10 times hourly

If you do need crutches, you will be taught how to use them. Once you are walking safely, you will be discharged.

Crutches can be discarded as soon as you can manage without them, unless you have been told otherwise by a physiotherapist or doctor.