

KNEE ARTHROSCOPY

Trauma & Orthopaedic Directorate

Recovery at Home

Your Recovery at Home

Recovery from knee arthroscopy is much faster than recovery from traditional open knee surgery.

Still, it is important to follow your surgeon's instructions carefully after you return home.

Swelling

Keep your leg elevated as much as possible for the first few days after surgery. Apply ice as recommended by your physiotherapist to relieve swelling and pain.

Dressing Care

You will leave the hospital with a dressing and bandage covering your knee. You may remove the bandage the following day and apply the support bandage (Tubigrip)

Keep your incisions clean and dry for at least 48 hours. After 48 hours you may only shower until your wounds are healed completely and then you may bath. If you have stitches you will need to arrange to have these removed at your local surgery at about twelve days, if you have steri-strips these should fall off at about ten days. If they come off earlier do not attempt to reapply them just cover the wound with a clean dressing.

Weight Bearing

After most arthroscopic surgery, you can walk without assistance but your physiotherapist may advise you to use crutches. You can gradually put more weight on your leg as your discomfort subsides and as you regain strength in your knee.

Driving

You should not drive for at least 48 hours post-operatively. Most people may start driving at any time after this – though the majority of people do not feel comfortable

or safe enough to drive for 5-10 days. Some surgical procedures will mean that you are not able to drive for some weeks – you will be informed of this at the pre-admission clinic, pre and/or postoperatively.

Potential Warning Signs Complication

Contact your GP if you experience any of the following

- Prolonged Fever
- Persistent warmth or redness around the knee
- Persistent or increased pain
- Significant swelling in your knee
- Increasing pain in your calf muscle
- Shortness of breath or chest pain.

Reasonable Expectations after Arthroscopic Surgery

Although arthroscopy can be used to treat many problems, you may have some activity limitations even after recovery. The outcome of your surgery will often be determined by the degree of injury or damage found in your knee. For example, if you damage your knee from jogging and the smooth articular cushion of the weight-bearing portion of the knee has worn away completely, then full recovery may not be possible. You may be advised to find a low-impact alternative form of exercise. Physical exercise and rehabilitation will play an important role in your final outcome. A formal physiotherapy program may also add something to your final result. A return to intense physical activity should only be done under the direction of your physiotherapist and surgeon.

It is reasonable to expect that by six to eight weeks the majority of patients should be able to engage in most of their former physical activities as long as they do not involve significant weight-bearing impact. Twisting manoeuvres may have to be avoided for a longer time. Full recovery from an arthroscopy usually takes three to four months.

If your job involves heavy work, such as a construction labourer, you may require more time to return to your job than if you have a sedentary job.

**If have any problems please don't hesitate to contact the ward on
01256 313681**