

Knee Arthroscopy - Standing Orders
Dr Prodger

Post Operative Patient Information.

Dressing:

- Remove the crepe and wool bandage on the third day after the surgery. Leave the inner dressings on if possible, otherwise change these small dressings.
- Try not to touch the wounds if you need to do this. Leave the Steristrips on.
- Keep the wound dry. Do not wet the dressings when showering.

Walking:

- You can put as much weight through the leg as you wish.
- Some need crutches for up to a week for comfort.

Exercises:

- Bending:
 - You may bend the knee as much as the outer bandages allow in the first three days, then when these come off, as much bending as able.
 - Sit on the edge of a table, straighten the knee as far as possible, then bend (flex) the knee as far as comfortable.
- Quadriceps:
 - Straight leg Raise is VERY IMPORTANT as soon as able after surgery. Lay flat, pull your ankle up toward your head, push your knee down into the bed, and raise the whole leg up approximately 15cm off the bed. Hold for 10 seconds. Slowly lower down.
 - 3 sets of 10, 3 times per day.

Follow Up:

- Please make an appointment to see Dr Prodger 2 weeks after the surgery. Phone 02 66 216462 in the days after the surgery to arrange this please.

Discuss time off work, return to light or modified duties, medical certificates or any other work related matters with Dr Prodger before you leave the hospital.

If you think there is a problem (for example worsening pain, wound discharge) before your appointment

- Phone Dr Prodger's rooms on 02 66 216462.
- See your GP, who can call Dr Prodger if concerned.
- Go to the Emergency Department at your local hospital if out of hours.