

Home Advice for patients who have undergone KNEE ARTHROSCOPY Surgery



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Arthroscopy means the examination of the inside of the knee joint with a telescope. If any surgical procedure was found to be necessary then it would have been carried out at the same time.

After this procedure the level of discomfort varies from person to person from almost no pain to moderately severe discomfort. Therefore, when you go home make sure that you have an adequate supply of painkillers.

Provided the knee is comfortable you may bend it and walk on it normally. If it is very uncomfortable you should rest with the leg up, take painkillers and sometimes you may need crutches for a few days if surgeon requests. When the knee is comfortable the pressure dressing i.e. crepe bandage, may be removed. Plasters should then be applied to the small incisions for protection.

Depending on the nature of your work it is permissible to go back to work after 48 hours but this period may need to be longer if the knee is very uncomfortable or if you have a heavy job. If in doubt, consult your own doctor.

You will be seen in the outpatient department two weeks after your procedure when the nature of the findings and any surgery carried out can be fully discussed.

Exercises: Commence these the next day after surgery

With your legs out straight, tighten up your thigh muscles pulling your foot up towards you at the ankle. Hold the contraction for the count of five then relax.

Start off with the above exercise then lift the whole leg three inches off the bed. When putting the leg back on the bed, slowly lower the leg, getting the calf to land before the heel. This is to improve the tone of your thigh muscle.

Place rolled towel under the knee then push the knee down on the towel and lift the heel clear of the bed. Hold the knee straight for the count of five then relax and repeat. This is to improve the strength of your thigh muscle.

Please rest leg on settee with rolled towel under achilles tendon to help stretch your knee straight. Sitting on side of bed with edge of mattress in the crook of your knee, practice bending and straightening your knee

These exercises need to be done regularly to be effective.

For 24 hours following your general or local anaesthetic:

1. Do not drive a car, ride a bicycle or operate machinery
2. Do not lock the bathroom or toilet door
3. Do not make important decisions or sign documents
4. Do not drink alcohol
5. If there are any problems after you return home, please telephone your GP

The Day Care Unit is open Monday to Friday from 0700 hours to 2200hrs, should you have any concerns following your discharge home please do not hesitate to contact us on 01493 452022 or 01493 452029.

Out of these hours please contact NHS Direct on 111 or if you feel it is an emergency attend your local A&E department.

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

- Courtesy and respect
- A welcoming and positive attitude
 - Polite, friendly and interested in people
 - Value and respect people as individuals
So people feel **welcome**
- Attentively kind and helpful
- Look out for dignity, privacy & humanity
 - Attentive, responsive & take time to help
 - Visible presence of staff to provide care
So people feel **cared for**

- Responsive communication
- Listen to people & answer their questions
 - Keep people clearly informed
 - Involve people
So people feel **in control**
- Effective and professional
- Safe, knowledgeable and reassuring
 - Effective care / services from joined up teams
 - Organised and timely, looking to improve
So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240