

# Dr Aziz Bhimani

HIP & KNEE SURGEON

www.wollongongorthopaedics.com.au

## Knee Arthroscopy Post-Operative Instruction Sheet

1. Remove crepe bandage 24 hours after your surgery. Leave the dressings intact and keep clean and dry until your postoperative appointment. You may need to wrap your knee in plastic while showering to keep the dressings from getting wet. Do not bathe or swim until your wounds have healed.
2. Wear the long thigh high compression stocking on the affected leg for at least 2 weeks to help reduce swelling in your knee. Please remove before going to sleep and put back on each morning.
3. Elevate your leg when resting to help reduce the swelling.
4. Use an ice pack on your knee for 10-20 minutes every few hours to help reduce swelling and relieve pain.
5. You may fully weight bear on your knee. Crutches can sometimes be required but discard as soon as you feel comfortable.
6. Take your pain medication. You will have had some local anaesthetic put in your knee from surgery, however once this wears off you may experience pain. You will have been given a prescription for pain medication. Have this filled before going home so you have it on hand when you need it. Usually patients only need prescribed medication for a few days after surgery then switch to over-the-counter medications such as Paracetamol and Ibuprofen. Dr Bhimani advises his patients to continue the Paracetamol and Ibuprofen if tolerated until your follow-up appointment to assist with your post op exercise and recovery.
7. Regular exercises are necessary to restore your knee mobility and strength. Over the page are some exercises you can begin as soon as you are home. If your knee hurts after a particular exercise, you should decrease or stop the activity until you feel better.

### WARNING SIGNS

Contact Dr Bhimani's office or go to your local healthcare facility if you experience any of the following:

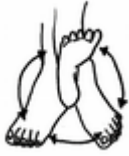
Fever, chills, persistent discharge from incisions, increasing pain or excessive bleeding.

### POST-OPERATIVE APPOINTMENT

Please call 02 42299116 to make an appointment to see Dr Bhimani 10-14 days after your surgery. At this time your sutures will be removed, your progress reviewed and your operation discussed.

## Post-Operative Exercises

Aim to exercise three times a day for the first two weeks. You will be advised on further progression of activities at your follow-up appointment.



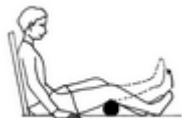
**ANKLE CIRCULATION EXERCISE:** Draw circles with your ankle to stimulate circulation in the leg. Repeat this regularly throughout the day.



**QUADRICEPS EXERCISE:** Lay or sit on the bed with your knee straight push your knee firmly down against the bed to tense your Quads (thigh) muscle. Hold for 5 seconds. Relax. Repeat 10 times, 2-3 times a day.



**STRAIGHT LEG RAISE (SLR):** With your knee straight, push it down to tense the Quads, pull your toes up towards you and slowly raise your straight leg 20 cm off the bed. Hold for 3 seconds and lower. Repeat 10-20 times, 2-3 times a day.



**TERMINAL KNEE EXTENSION:** Lay or sit on the bed, place a rolled up towel under your knee allowing your heel to rest on the bed. Tighten your knee to straighten it, keeping the back of your knee on the towel and raising your heel off the bed. Hold for 3 seconds, repeat 2-3 times a day.



**KNEE FLEXION AND EXTENSION:** Sit in a chair and bend your knee to allow your foot to rest on the floor. Practice bending and straightening your knee. Pull your toes up towards you and tighten your thigh to straighten your knee. Hold straight for 5 seconds, relax and bend as far as you are able by sliding your foot on the floor. Repeat 10 times, 2-3 times a day.



**EXTENSION:** To make sure your knee is straightening fully; try lying or sitting on the bed with your heel only supported on a pillow or rolled up towel, to allow your knee to relax into a straight position.

***For more information on Arthroscopic Surgery please visit [www.wollongongorthopaedics.com.au](http://www.wollongongorthopaedics.com.au) and click on patient info.***