



ALLEN CHONG

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Orthopaedic Surgeon
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Shoulder and Knee Surgery

Hip Arthritis

KNEE ARTHROSCOPY POST OPERATIVE INSTRUCTIONS

FINDINGS: Left / Right

Chondral damage

Meniscus tear

Other

OPERATION PERFORMED:

Chondroplasty (joint surfaced smoothed)

Meniscectomy (removal of torn shock absorbing tissue)

Lateral Release (division of tight ligament involving knee cap)

Microfracture (process used to regenerate the joint surface)

Other

YOUR OPERATION was done through small holes. Through these holes instruments were passed into the joint and a large amount of work may have been performed. You need to recover before returning to normal activity.

your surgery at: BRH Outpatient Clinic: 9722-1424 or SJOG Bunbury: 9791 7744.

AFTER YOUR OPERATION

1. You may get up and use the leg freely and usually no crutches are required. Crutches are available however if you need them and the ward sister can organise this for you.
2. You may leave the hospital when you are fully awake. This may be on the same day as the surgery or the following day.
3. Keep the bandage on the knee for 5-7 days. If it falls off, reapply it firmly (this helps to reduce the swelling). The bandage can be taken off for showering after 5 days and you may then get the knee wet.
4. The only exercises required are straight leg raising exercises (with the knee straight). These should be done lying on your back with the opposite leg bent at the knee so that the foot is level with the operated knee. The leg should then be raised, held for 2 seconds, then lowered. This should be repeated 10 times. These should be performed 3 times a day.
5. **DRIVING** – For **right** knee arthroscopy, no driving for 7 to 10 days. For **left** knee arthroscopy, no driving for 7 to 10 days if a manual car is to be used.
6. In general, no physiotherapy is required. If it becomes necessary, you will receive a referral when you visit the office.
7. If you do not have a post-operative appointment, please phone the following number depending on which hospital you had

KNEE SWELLING

It is normal for the knee to swell after the surgery. This is due to a combination of the surgery and the fluid that is pumped into the knee to allow clear vision with the camera.

Your swelling can be controlled by:

1. Resting the leg as much as possible and not overdoing it in the early post-operative period (especially during the first week).
2. Continuing to wear a firm bandage or elastic knee support until all the swelling has gone.
3. Icing the knee for 20 minutes, 3 times a day or after exercise and therapy. Gel packs, iced peas or a plastic bag of ice wrapped in moist towels all work effectively.
4. Not doing any exercises involving a bent knee until your knee is ready for this.
5. Keeping the muscles in the leg strong by doing your exercise programme.
6. Using anti-inflammatory medication.
7. It can be normal to feel fluid movement within the knee and hear a whooshing sound during movement after arthroscopy as fluid has been used to distend the knee in order to perform the surgery.

Photos from the operation:

Several photos will be taken using the keyhole camera. You will get a copy of these with a post-operative information sheet. The photos will be discussed with you when you have your sutures removed. It's better to explain what these

Bunbury Orthopaedic & Sports Surgery

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photos mean after you recover from the anesthetic and the surgery.

PROBLEMS

If you are having problems with your knee, please do not hesitate to contact the office or myself.