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POST OPERATIVE INFORMATION: KNEE ARTHROSCOPY

After your knee arthroscopy, you will have a bulky bandage around your knee.

During the operation, fluid is pumped into the knee joint and some of this fluid often remains after the operation resulting in some swelling of the knee joint. This is normal.

The bandage will help control some of this swelling. Please leave the bandage on for 3 days, after which you can remove it.

Underneath the bandage will be 2 small dressings covering the incisions made to enter the knee. There will usually not be any stitches under the dressings. These dressings are waterproof and should be left on until you see Mr Thai at your first post operative visit. If they do fall off, please see your local doctor to get them replaced.

You may be provided with crutches to help you get around initially.

You will also be provided with a prescription for some pain relief and Aspirin to take daily for 4 weeks after your operation. This is to minimise the risk of forming blood clots in your legs (Deep Vein Thrombosis). It is important that you keep moving after the operation, as this is the most effective way of preventing blood clots.

If you experience increased swelling of the knee, or the knee becomes red, hot and sore, please seek urgent medical attention to your local doctor or nearest emergency department.

An appointment will be made for you to see Mr Thai around 2 to 3 weeks after your operation.

