

Clinical Protocol

Patient Discharge Advice Sheet

Arthroscopy of the Knee and Ankle Joints

Arthroscopy is one of the most frequently used procedures for accurate diagnosis and treatment of knee injuries (and other lesions). Through a few small 'key hole' incisions, the surgeon inserts the arthroscope. This is a tool that combines a light source, camera and fluid channel. The entire cavity of the knee joint can be seen and the cause of the problem can be detected and often treated. You are very likely to have your operation and return home on the same day.

- You may feel drowsy for 24 or 48 hours after surgery. A responsible adult should accompany you home and stay with you for the remainder of the day.
- Follow your doctor's advice on how much weight bearing you can do and whether or not you should use crutches.
- Keep your bandage clean and dry and do not remove until the time for removal of stitches.
- Your bandage should not come in contact with water
- Keep your bandaged leg elevated on pillows etc as much as possible over the first 48 hours after surgery.
- Application of ice packs will help reduce pain and swelling.
- When sleeping, pillows should be used to keep your leg up.
- Before discharge, you will be advised of when to start exercises and you will be shown how to do them.
- Contact the Hospital or your doctor if pain increases after the first 24 hours and is not relieved by elevation or medication or if you develop fever.