

Patient Instructions following Knee Arthroscopy

- We have injected a local anaesthetic into your knee during surgery but this will wear off within 6-8 hours. We recommend you take your normal pain medication before bed tonight.
- The large outer dressing and crepe bandage needs to be taken off your knee 48 hours after your surgery.
- You have two small cuts, each with a stitch, on each side of your knee. You will be sent an appointment by post to come to clinic in 10-12 days to have these stitches removed.
- Each cut has a sticky dressing on which should remain in place until your appointment; these dressings are waterproof so you are able to shower.
- The physiotherapist will have given you exercises to continue with at home along with any rehabilitation instructions specific to you.
- **You must refrain from driving** for at least one week following surgery, ideally at least until you return to see Mr Hoad-Reddick. Please wait until you are no longer needing to use crutches or this may affect your insurance.
- Your knee may be swollen and this is completely normal. If your calf becomes swollen with associated pain, redness and hardness however, this could be signs of a clot and you need to contact your GP or Stafford Suite urgently.

If you have any questions or concerns, please contact:

Stafford Suite : 0161 495 7022 (24 hours)

HR Orthopaedics office: 0161 722 0007 (Mon-Fri 9am-5pm)

Email: secretary@hrorthopaedics.co.uk

www.hrorthopaedics.co.uk