



Knee Arthroscopy: A guide for patients

About the surgery:

Knee Arthroscopy is key-hole surgery using a pencil sized camera to look inside the knee joint. This allows the surgeon to safely and accurately assess the condition of the knee and to perform the surgery using specialised instruments.

What to expect post operatively:

- Most patients are able to go home a few hours after the procedure.
- On discharge you should not drive and will need to be accompanied by a carer.
- Some swelling in the knee is to be expected and is best treated by elevating your leg when seated for the first few days after surgery.
- An ice pack applied for 15 minutes every two hours, for the first few days following surgery, generally assists with reducing the swelling and pain. Be sure to wrap the ice in a towel to avoid skin damage.
- Panadeine or Panadiene Forte 4 to 6 hourly should be adequate to control the pain.
- The soft wrap bandage covering the knee is used for compression to minimise swelling and can be removed 2 days following the surgery.
- There will be small adhesive dressings which are placed over the incisions and these need to be kept clean, dry and remain on for 2 weeks.
- Regularly, gently flex or bend the knee joint as soon as you feel comfortable to avoid stiffness.
- You may need crutches for 2 to 5 days following surgery.
- Time off work:
 - 3 to 5 days for office work.
 - For labour intensive work please discuss with Mr Altuntas.

If you have any of the following symptoms please contact our office or your local GP:

- Infection. If you develop a fever, increasing pain or swelling in the knee, infection may be present.
- Bleeding from the wound or bleeding into the knee.
- Pain in the leg and calf that does not go away with Panadiene Forte
- Blood clots. Pain and swelling in the calf or leg; or shortness of breath; or chest pain, within 14 days of surgery.
- Stiffness. Follow Mr Altuntas's instructions regarding exercising the knee post operatively.

If you have any queries or concerns please contact our rooms on (03) 9928 6786