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Arthroscopic Knee Surgery – Discharge Advice



Procedures

What is Arthroscopic Knee Surgery?

Arthroscopic Knee Surgery (Knee Arthroscopy) is a surgical technique where a small diameter video camera is inserted through tiny incisions on the sides of the knee to examine and repair internal knee joint problems.

Wound care

- Keep the wound dressing over the knee clean and dry.
- You may shower if a waterproof dressing has been applied, but do not immerse the wound site in water.
- Do not change the dressing until your next appointment date.
- You may be given ice packs to reduce the swelling for the first 5 days.
- Observe for any bleeding over the operation site.

Pain relief

- Take the prescribed analgesia regularly, strictly for the first 3 days.
- If you have been given a local anaesthetic block, the numbness may take up to 6 to 8 hours to subside, depending on the amount of block given.
- If you experience numbness, avoid sharp or hard objects. Avoid hot objects to prevent scalding.
- Start on the oral analgesia before the anaesthetic effect subsides.
- Consult your doctor if you still experience pain after taking the prescribed analgesia.

Blood circulation

- Observe the colour, warmth and sensation of the operated limb.
- If your operated limb feels numb or your toes are cold and turning blue, loosen the outer bandage of the dressing.
- Look out for the signs and symptoms of deep vein thrombosis (when a blood clot forms in one or more of the deep veins in your body, commonly in your legs), which include:
 - Calf pain and swelling
 - Difficulty in breathing
 - Chest pain
 - Unusual numbness, swelling and change of temperature of the leg

Care advice

- Keep the operated leg elevated with a pillow when at rest to reduce swelling.
- You may move around at home with the aid of crutches.
- Use your knee brace (if you have been given one) as instructed by your surgeon.
- Do not alter the extension (straight) or flexion (bend) degrees that has been set to your brace.
- The amount of weight and the degree of flexion (bending) allowed on your operated knee will be determined by your surgeon.
- Look out for potential hazards at home that may increase your risk for falls.

When should I seek medical help?

Consult a doctor by visiting the **Alexandra Hospital Urgent Care Centre (UCC)** if you experience any of the following signs and symptoms of wound infection:

- You have a fever of 38°C and above.
- You feel a sudden worsening of pain that is different from the usual pain.
- There is sudden swelling in the affected shoulder.
- There is excessive discharge from the operated site.

Notes: