

Advice Following Arthroscopy



Once you are home

It is advisable to rest for 24-48 hours after discharge, as you may not feel up to doing very much.

Take the painkillers you have been given and always follow the instructions on the pack.

Specific Instructions

1. Walk as normal (unless otherwise instructed).
2. You may require a walking aid (a stick or crutches) for a short period of time.
3. Remove your bandage in 48 hours and cover the incisions with Elastoplast and wear the tubigrip support bandage that you will be given home with you. Remove the tubigrip bandage at night.
4. You will be advised about removal of your stitches.
5. An out-patient appointment will be given to you before you leave (if required).
6. Exercise your knee/leg as instructed (see below)
7. Take your painkillers as directed/advised by the doctor.

If you have any urgent concerns contact your GP.

Exercise routine after arthroscopy

1. Push the back of your knee down on the bed and pull your foot up to a right angle. Hold, and then relax.
2. As exercise (1) but progress exercise by lifting leg straight from bed. Hold for a few seconds then lower and relax.
3. Placed rolled up towel under knee. Pull ankle up to a right angle then lift heel from bed until knee is straight.

4. Bend knee gently as far as dressing or bandage allows.

Perform each exercise until leg begins to tire, then rest for a few minutes. Continue to perform these exercises 2-3 times daily until you return to the clinic.

Follow up

You will receive a letter for your GP and a follow up appointment, if required, prior to discharge.

If you require any **further advice or information**, please contact the staff at DAY SURGERY UNIT Telephone **01324 567537**.

If you have any **urgent concerns or emergencies**, please contact your GP, NHS 24 or present at the Emergency Department (A&E) Forth Valley Royal Hospital, Larbert.

We are happy to consider requests for this publication in other languages or formats such as large print. Please call 01324 590886 (24hrs), fax 01324 590867 or email FV-UHB.disabilitydepartment@nhs.net

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