



## Patient Information

# Guidelines Following Arthroscopy of the Knee

We hope that your stay in our Day Surgery Unit has been comfortable and to your satisfaction. We hope you have a speedy recovery and that the following instructions will be of help.

**Aftercare** - You will have a padded crepe bandage on your knee. You cannot do any harm to your knee by bending within the confines of the bandage.

You can take full weight through the knee and should try to walk as normally as possible.

You can have your usual bath or shower but will need to keep the dressings dry for 7-10 days.

You may return to work when your knee feels comfortable and you feel confident that your knee will be able to withstand the stresses of your job.

Sport can be resumed when the knee is feeling strong and comfortable and is no longer swollen. Before returning to sport such as football, squash or rugby make sure that you can hop squat or sprint with changes of direction without pain.

**Wound** - After two days remove the crepe and wool bandage, replace with the Tubigrip (which will be provided) support leaving the small dressing and steristrips in place for 7-10 days. Wear the tubigrip during the day but remove at night.

**Follow Up** – We will tell you about any follow up before you leave. If you need an outpatient appointment we will request one for you and the date and time will be sent to you by post.

**Driving** - Driving is usually possible after five to ten days when the knee is feeling comfortable and you can bend and straighten your knee vigorously without pain. Practice an emergency stop in a stationary vehicle before setting off to ensure your safety. We advise you inform your insurance company of your surgery before resuming driving.

**Stockings** - If you have been given support stockings to wear it is important that you continue to wear them, day and night, until you are fully mobile (at least 24-48 hours). The stockings should be removed for a short time daily to wash the feet and



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legs. You may also hand wash the stockings but do not dry them by direct heat (radiator or tumble dryer).

## **You were given the following pain killers while in Day Surgery**

**Paracetamol at**

**Codeine at**

**Ibuprofen at**

## **Instructions for patients who have had a general anaesthetic**

Anaesthetic drugs remain in the body for 24 hours and gradually wear off over this time.

During the 24 hours following your anaesthetic, you are under the influence of drugs and it is important to follow these instructions:

- Do not drive a car or any other vehicle, including a bicycle.
- Do not operate machinery or appliances such as cookers or kettles.
- Do not drink any alcohol.
- Do not lock the bathroom or toilet door or make yourself inaccessible to the person looking after you.
- Drink plenty of fluids and eat a light diet, avoiding heavy or greasy foods.
- Take things easy for the day after your operation and do not work with machinery or take strenuous exercise.
- Do not make important decisions or sign important documents for 24 hours after your anaesthetic.

Some people take longer to recover from the effects of an anaesthetic so these guidelines may continue to be followed for up to 48 hours, if necessary.

**If there are any problems after you return home, please telephone your General Practitioner (GP) or out of hours GP service, or the Day Surgery Unit on 01793 604148 between 8.00am and 7.00pm, Monday to Fridays (excluding bank holidays).**

**After 7.00pm or at weekends please contact the Surgical Assessment Unit on 01793 604039.**

If you have any suggestions on how we can improve our service, we would be happy to hear from you. Please write to:

Senior Sister  
Day Surgery Unit  
Great Western Hospital  
Marlborough Road  
Swindon  
SN3 6BB



# Guidelines Following Arthroscopy of the Knee

From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

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