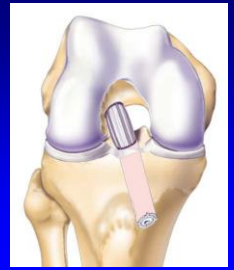




Dr. Benjamin  

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**Orthopaedic Surgeon**



## Knee Arthroscopy

**Date :** \_\_\_\_\_

**Findings :** 1. \_\_\_\_\_  
2. \_\_\_\_\_

**Operation Performed** 1. \_\_\_\_\_  
2. \_\_\_\_\_

Your Operation was done through small holes in the skin which required no stitches. The wounds are held together by steristrips which can be removed after 7 days. Despite the fact that only small incisions were required for your surgery the amount of surgery done was as if a full operation had been performed

### Post Operative Instructions

- You may get up and use the leg freely, usually no crutches are needed
- You should not leave the hospital till you are fully awake, have had something to eat and drink and have passed urine.
- The outer bandage should be left intact for 3 days. Underneath the bandage are 2 sticky white dressings which should be left for a further 4 days. Till removed they should be kept clean and dry.
- If the dressings become wet or ooze through they can be changed early.
- The only exercises required are straight leg raises, and gentle bending exercises
- Usually my physios will review you prior to discharge
- If you do not have an appt. for review in 10 days time ring Dr Hewitt's secretary on 9212 4200.

### Deep Vein Thrombosis / Blood Clots

This is a rare complication of any lower limb surgery. The most effective preventive measure is regular foot and calf exercises and continuing to weight bear as much as possible. Some patients have higher than normal risk factors and may be asked to use clexane or compressive stockings. Any questions about this should be directed to Dr. Hewitt prior to discharge.

## Knee Swelling

Knee swelling is inevitable after surgery. This can be controlled by

- Resting the leg as much as possible.
- Keep the knee bandaged for 3 days.
- Icing the knee for 20 mins three times per day.
- Keep doing the exercises to keep your muscles strong.

## Pain Relief Medications

Most patients will need to take regular pain killing medications.

### Paracetamol

Take 1 gram (usually two 500mg tablets) 4 times a day REGULARLY even if your pain is not severe  
Do not take if you are known to have severe liver disease

### Celebrex ( or other anti-inflammatory )

Take 200mg once a day REGULARLY even if your pain is not severe for 5 days  
Always take with food

DO NOT take if you know you are not able to take anti-inflammatory medications, if you have stomach ulcers or if you have kidney disease.

### Panadeine Forte ( or oxycontin or tramadol )

For severe pain instead of paracetamol. Only take if needed.  
Take 2 tablets 4-6 hourly, maximum 8 per day.

Strong pain-killers can make you constipated and nauseous . Only take them if required. I advise you also ask your chemist for laxatives such as coloxyl with senna and start on these as soon as you leave hospital.

## Return to activity

This depends on the damage found within the knee, the surgery performed and the fitness of the patient.

Driving : When the knee feels comfortable usually 1-2 days.

Office based work : 2-3 days.

Physical work : 3-6 weeks

Light training : 3 – 6 weeks

**If it hurts or swells then you are doing too much.**

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