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Shoulder & Knee Reconstruction  
Hip Arthroscopy, Surgery for Athletes

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Bethesda Hospital  
25 Queenslea Drive  
Claremont WA 6010

## KNEE ARTHROSCOPY

### **Discharge / Post-Operative Appointment / Surgical Outcomes**

Discharge is normally a few hours after your surgery. Your post op appointment is 2 weeks after surgery. If you do not have an appointment please contact the office on 9230 6333. If you are enrolled in the Surgical Outcomes System please complete the online questionnaires that will have been emailed to you.

### **Pain Relief / Medications**

You have been prescribed a range of pain-killers by your Anaesthetist. In general, you should take paracetamol regularly (3-4 times per day), followed by anti-inflammatories if prescribed. Use strong painkillers such as Tramadol or Oxycodone for top-up pain relief as required. You can cease them as soon as the pain allows. Check with your nurse prior to discharge if you are unsure.

### **Swelling / Icing**

Some swelling of the knee is normal. However the sooner your swelling settles the better. Please ice your knee as many times per day as you can tolerate, ideally using your *BODYICE* kit.

You should continue icing for as long as you knee remains swollen, which can be up to several weeks.

### **Concerns**

If you are worried about your knee, if there is new redness or fever; or if you develop significant calf pain or swelling please contact us immediately or attend your local doctor or emergency department.

### **Bandage / Dressings / Sutures**

You will be discharged with a 'Tubigrip' compression stocking. Leave the waterproof sticky dressings in place. You may shower but still cover your dressings and keep them as dry as possible. If they get saturated or fall off, dry and clean your wound with antiseptic and replace with a similar dressing.

You have 'dissolvable' sutures that do not require removal.

### **Crutches**

You may need to use crutches after your surgery. You can weight bear and move your knee as tolerated. You can discard your crutches as soon as you can walk comfortably with a normal gait.

### **Rehabilitation / Physiotherapy**

Please see the 'rehabilitation' section of my website [www.drpeterdalessandro.com.au](http://www.drpeterdalessandro.com.au) for exercises you should perform several times per day, immediately after discharge. Most patients don't require dedicated physiotherapy but please do so if you prefer. Your first priority is maintaining full knee extension and focus on 'turning your quads back on'. You should NEVER sleep with a pillow under your knee. For elevation, place a pillow under your ankle and let your knee hang.

### **Return to Work**

If you work in an office or can arrange to do so, you may return to work in a few days once you feel comfortable. If your work involves significant physical activity, you will need two to six weeks off work.

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