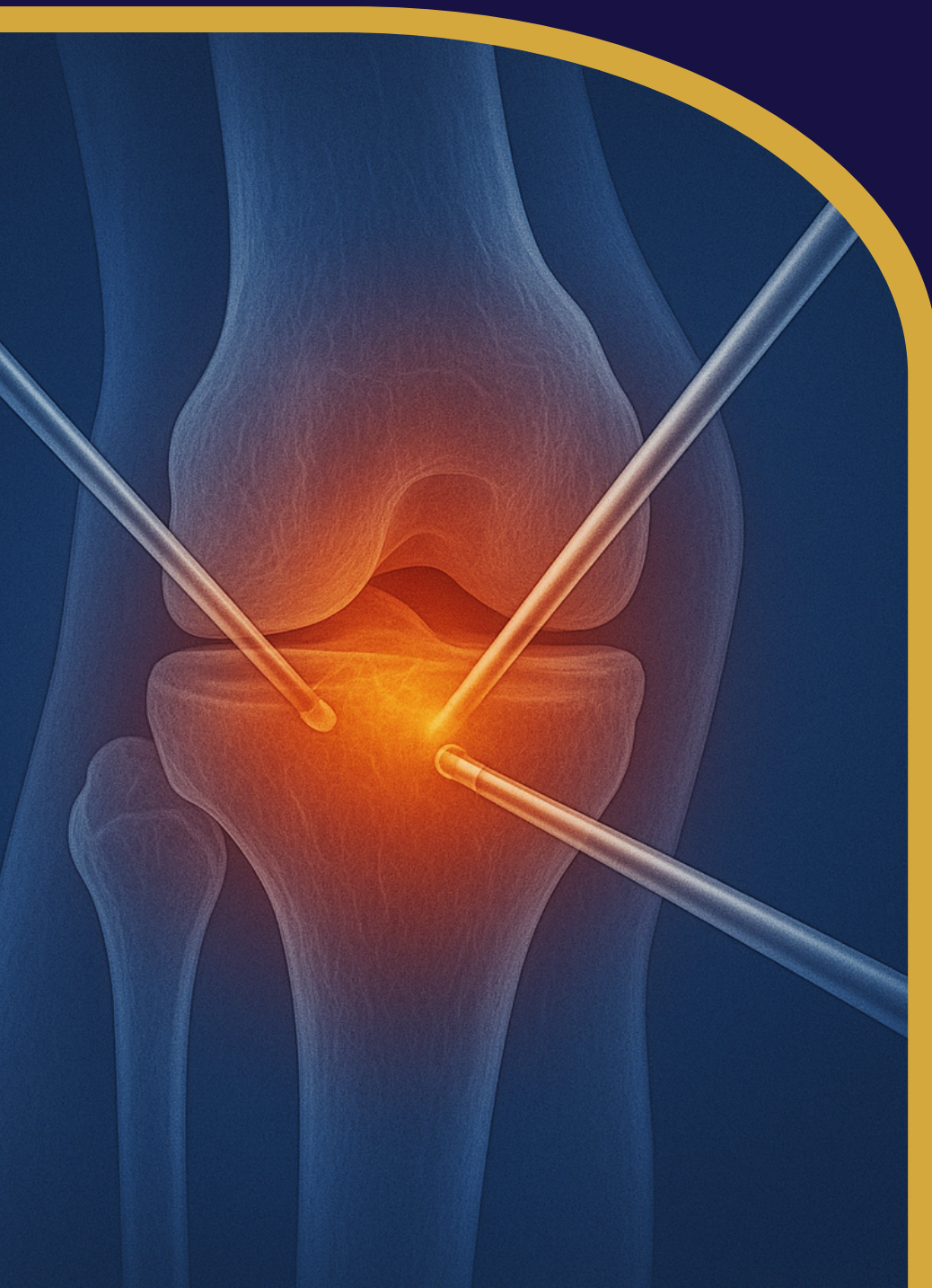




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# Knee Arthroscopy Surgery

A Guide to Surgery & After Care for Patients



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# Surgery & Hospital Stay

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While every patient is different and the response to surgery may vary, the following time-frames offer a general guide to surgery for Knee Arthroscopy.

## Surgery

A Knee Arthroscopy takes about 30 minutes to about 1.5 hours to perform, depending upon the complexity of the case.

## Recovery Room - Post Surgery

Patients spend 1 to 1.5 hours in recovery. Family members are usually not allowed to visit the patient at this time.

## Hospital Stay

Knee Arthroscopy is usually performed as day surgery, and patients will be discharged on the same day the operation is performed. In some cases, however, an overnight hospital stay may be necessary. Dr Williams and his practice team will inform you of your anticipated discharge date before your operation.

# What to Expect After Surgery

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## Immediately Post-Op

Following your surgery, you will be taken to a recovery area where you will be monitored as the anaesthesia wears off.

You may feel groggy, and some patients experience confusion or disorientation as they wake up. Your vital signs will be checked regularly, and once you are stable, a nurse will assist you in managing your pain and will provide instructions for your recovery. Most patients can expect to begin gentle movements in their knee shortly after surgery.

## Up to 72 Hours Post-Op

It is important to get you up and about as much as possible, so on day 1 you should expect to be sitting, out of bed, and moving around at home. Whether you have returned home or you remain in hospital, we will encourage you to be as independent as possible. Ensure you are taking regular pain medication to remain comfortable.

You will be advised to debulk your dressings at 72 hrs post-op. This involves removing the outer most bandages, and leaving the sticky and adhesive bandages intact. We ask you to do this so you can mobilise more comfortably and start to flex and extend your knee.



# Frequently Asked Questions

## When will I have my follow-up appointment?

Follow-up appointments are usually scheduled for 2 and 6 weeks post-surgery, depending on your progress and Dr Williams availability and schedule. These appointments are an essential check-up, where Dr Williams will assess your recovery, evaluate your healing process, and make any necessary adjustments to your rehabilitation plan. Be sure to raise any questions or concerns you may have with Dr Williams during these appointments.

## How do I manage my pain?

Dr Williams and his anaesthetists are well aware of how important controlling your pain is during and after your Knee Arthroscopy.

He performs Knee Arthroscopy surgery under a general anaesthetic or spinal anaesthetic and uses local anaesthetic in and around the surgical site during the operation.

Commonly, you will have a local anaesthetic injected into your knee at the end of the operation. This is to limit the amount of inflammation inside the knee, which had been present pre-operatively, and to reduce any post-operative pain.

Post operatively, we will prescribe medications to help with pain control. This may include:

- Narcotics, such as PALEXIA or ENDONE for more significant pain relief, especially in the first few days. These medications can have side-effects, such as drowsiness and nausea. If you experience such side-effects, we often advise that you limit these medications to evening.
- Anti-inflammatory medications (e.g. Non-steroidal anti-inflammatory drugs) can help with swelling and discomfort.
- Paracetamol for ongoing pain management once the initial post-operative pain decreases.

In addition to medications, applying ice packs to the knee for periods of 20-30 minutes every few hours can help reduce swelling and alleviate discomfort. Ensure that your leg is elevated to further minimise swelling.

## What are the guidelines for physical activity?

Dr Williams will provide you with specific weight-bearing instructions, based on your individual circumstances.

Generally, instructions involve:

- *Immediate Range of Movement* - After surgery, you'll likely be encouraged to start moving your knee as soon as you're comfortable enough to do so, and stand with support.
- *Full Weight Bearing* - All post-operative Knee Arthroscopy patients are advised to weight bear as tolerated, often using crutches or a walker for support.

## How do I care for surgical incision?

Surgical incision care is essential for preventing infection and ensuring timely wound healing.

- *Keep The Wound Clean and Dry* - Do not remove or play with the dressing. Typically, we will ask you to debulk the outer dressing at 72 hrs post-surgery, but leave the adhesive dressing intact underneath. Dr Williams will remove the adhesive dressing in his rooms at your 2 week post-operative review. (Note - If you have a cast on after surgery, we will ask you to not touch or play with the dressing until your 2 week review with Dr Williams)
- *Watch For Signs of Infection* - Monitor for increased redness, swelling, warmth, or discharge. Other concerns include fever or severe pain. If any of these symptoms arise, contact Dr Williams rooms immediately.

## When can I resume normal activities?

The answer to this question varies, based on the individual, but here are some general timelines.

- *Daily Activity* - Light activities, such as walking short distances around your home, can often be resumed within a few days of surgery.
- *Driving* - Many patients can return to driving in approximately 1 to 2 weeks, but this depends on the strength of your recovery. You must be able to perform an "emergency stop" brake, and no longer be taking any strong pain relief medications, such as ENDONE.
- *Return To Work* - For desk jobs, you might return to work within 1 to 2 weeks. For roles requiring physical activity, it may take longer — often between 2 and 4 weeks.

## What should I do if I experience swelling?

Swelling is a normal part of the body's recovery following Knee Arthroscopy surgery. The knee will remain swollen and warmer than your other one at least 1 to 2 weeks.

To manage swelling, try the following simple strategies:

- *Elevation* - Elevate your leg above heart level when resting to reduce swelling.
- *Ice Application* - Continue to apply ice for 20 to 30 minutes several times a day.
- *Compression* - Wearing a compression bandage or stocking can also help manage swelling. This will be later in your recovery, once the wound is healed and you are no longer in a Moonboot or cast.

If swelling seems excessive or is accompanied by severe pain, redness, or warmth, contact Dr Williams rooms.

## How long will recovery take?

Most people can expect to see significant improvement within 2 to 6 weeks, depending upon the underlying pathology and the extent of the knee surgery performed.

However, complete recovery may take up 3 months. Recovery timelines can vary based on age, overall health, physical fitness, and a patient's adherence to rehabilitation programs.

## What signs should I watch out for during this recovery period?

Aside from any signs of infection, as noted earlier, be alert for:

- *Your Notes* - Write down any questions you have for Dr Williams here and bring them to your next appointment.
- *Blood Clots* - symptoms may include calf swelling, pain, or shortness of breath. To minimise this risk, Dr Williams and his anaesthetists may prescribe a blood thinning medication for a short period following your operation.
- *Persistent Pain* - If your pain does not improve with recommended pain management strategies or becomes increasingly worse, contact Dr Williams rooms.
- *Changes in Mobility* - If you experience any new limitations in movement or increased pain during routine activities, contact Dr Williams rooms and make an appointment to see him.

# Post-Op Exercises

## Quads Exercise



- Place rolled up towel under the knee
- Tighten the thigh muscle, bringing kneecap up tight
- Feel the back of the knee pressing down on the towel
- Lower and relax the leg
- To progress lift the straight leg off the towel
- **Repeat 10 times**



- Place rolled up towel under heel
- Brace knee tightly, straightening knee down onto the bed
- Lift straight leg off the towel
- Hold three seconds
- Lower and relax
- **Repeat 10 times**

## Knee Bending

- Sit on bed with legs out straight
- Bend your knee as far as possible, pulling your heel towards your buttock
- You may help with your hands around the thigh initially
- **Repeat 10 times**



- Sit on the edge of a table/bed
- Bend your foot under the table (do not lift the buttock, help by pushing with the other foot)
- **Repeat 10 times**

