



# KNEE ARTHROSCOPY

*Date of Surgery* \_\_\_\_\_

Please bring this booklet the day of your surgery.

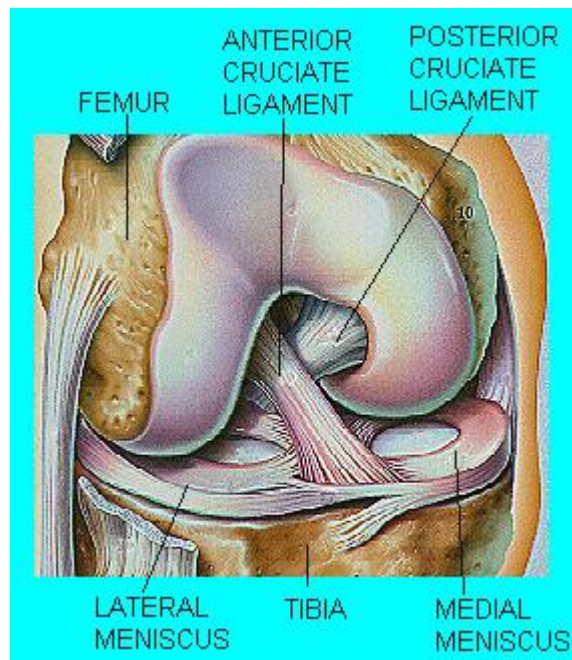
QHC#8

## What is a Knee Arthroscopy?

With the use of an instrument called an arthroscope, the surgeon examines the inside of the knee to diagnose and treat knee disorders. Several small incisions are made in the knee so the surgeon can see the ligaments, cartilage, knee cap and the lining of the joint. The surgeon may then remove or repair any damaged tissue. The incisions will be closed with stitches or special tape.

Most patients do not require walking aids (crutches, cane) after the surgery and walking as normally as possible is encouraged. Your surgeon will order crutches if required.

You will be shown knee exercises to do at home.



## After Surgery - At Home

Rest when you get home with minimal activity for 2 days.

Do your knee exercises as instructed.

Take the pain medication as prescribed. If necessary, take your pain medication approximately 30 minutes before you start your exercises to be more comfortable.

Elevate your leg as much as possible for the first 48 hours to prevent excessive swelling and to assist healing. The ideal position is at or above the level of your heart.

Diet is as tolerated.

Some swelling of the knee is normal. To help reduce the swelling, apply ice in a pillowcase or towel against the knee. This should be left on for 30 minutes at a time. The swelling in your knee should go away in 2-3 days.

Instructions on the care of your dressing will be discussed by your surgeon.

Discuss with your surgeon when you can return to work and sports.

Ask your surgeon when it is safe for you to drive.



**Contact your doctor or go to the nearest Emergency Department if you develop:**

- Increased bleeding from incision
- Increased swelling
- Fever
- Increased redness of incision or drainage from incision
- Increased pain around incision not relieved with pain medication
- Pain in your calf muscle
- Shortness of breath or chest pain
- Any numbness or tingling in your leg

## **Appointment**

Phone your surgeons office to make a follow-up appointment

## **Special Instructions**

## **Questions?**

Developed By: Surgical Preadmission Clinic  
Approved By: Department of Orthopaedics, Quinte Health Care  
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