



The Leg Bones Clinic

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Post-Operative Management after Arthroscopic (Key-hole) Knee Surgery

Bandages & Dressings

- Keep them clean & dry for 4 days, then remove the bandages.
- Leave the dressings intact until your review appointment in 2 weeks.
- Minor bleeding is sometimes possible in the first 24-48 hours. If this persists, or if there is redness, temperatures or offensive discharge, please contact me urgently.

Pain & Swelling Management

- Make sure to elevate and ice your knee as much as possible for the first 3 days.
- Ice for 20 minutes at a time.
- When lying down, elevate the knee to the heart level with pillows.
- When seated, rest the leg on a chair or foot rest.
- Take simple analgesics such as paracetamol regularly to reduce the discomfort.
- Sometimes the knee can remain slightly swollen for up to 3 months.

Mobilising & Exercises

- You can put full weight on the knee unless otherwise instructed.
- Occasionally a pair of crutches is needed for short term support
- Most people do not need physiotherapy after arthroscopy
- Please do the exercises set out on the following page from day 1. Do them 3 times daily, with 20 repetitions of each movement until review

Deep Vein Thrombosis Prevention

- Please take ½ aspirin tablet daily for 2 weeks unless you are allergic, have stomach ulcers, or if you are already taking anti-coagulants (blood thinning medications)

Emergencies & Concerns

- I always prefer to know if there is a problem before you go to your GP as I am responsible for your post-operative care.
- if you have any concerns, please contact me at The Leg Bones Clinic, on 1300 65 64 88. Alternatively, you can also call John Flynn Hospital switchboard on 07 55989000
- You can also email me on my website www.legbones.com.au, under “Contact Us”. Please note this method is not suitable for emergencies.
- In the unlikely event that you cannot contact me regarding a problem, please present to your closest hospital or GP clinic for assessment and ask your treating doctor to call me.

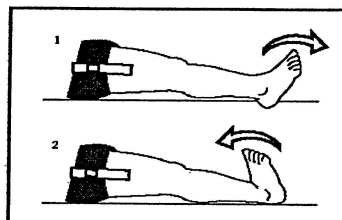
Follow Up

- Please phone The Leg Bones Clinic to make a follow-up appointment 2 weeks after your operation unless this was already organised for you.

EXERCISES

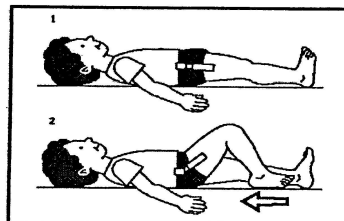
1. Ankle Pumps

Move your ankle up and down.
Repeat 20x every hour.



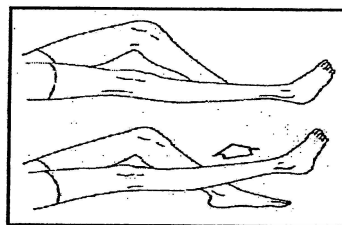
2. Knee Bends

Slide your heel towards you bending your knee and then slide down.
Bend your knee within the confines of the bandage.



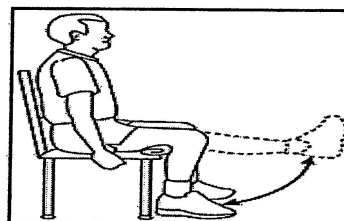
3. Straight Leg Raise

Lie on your back; tighten your knee into the bed.
Pull your foot up and lift your leg straight off the bed.



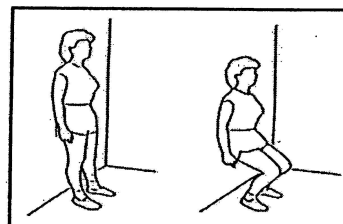
4. Knee Extensions

Sit in chair with thigh supported.
Tighten your thigh and straighten your knee.
Hold for 5 seconds.



5. Wall Squats

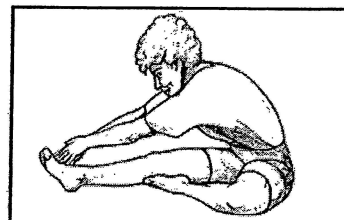
Begin this exercise after one week.
Rest your back against a wall with your feet shoulder width apart in front.
Slide your body down, careful not to go below 90°.



STRETCHES

1. Hamstring Stretch

Keep your leg straight. Slide your hands forward along your leg keeping your back straight.
You should feel a stretch in the back of your leg.
Hold for 30 seconds, repeat three times.



2. Calf Stretch

Place your hands on the wall leaning forwards.
Take a step forwards with your non-operated knee.
Keep your heel on the ground and knee straight.
Hold for 30 seconds, repeat three times.

