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ORTHOPAEDIC SURGEON

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How to Care for the Knee after Arthroscopy

1. The knee may not be painful immediately following the operation. This is because of local anaesthetics that are injected into the knee at the time of the operation. The effect of the local anaesthetics wears off over four to six hours. Please take pain medication before the pain becomes unbearable.

Wound Care

2. There are five layers of dressing to the knee, the outer most being bandage and the inner most being adhesive dressing applied directly to the wound. The outer dressings are to be removed at home 48 hours from the time of surgery. Please leave the inner adhesive dressings in place until the time of your follow-up appointment.

Walking

3. You will need the aid of two crutches to walk in the immediate period following the surgery. You can get rid of the one crutch when you feel comfortable and safe. Unless specifically instructed, you must remain active and take regular walks.

Exercises

4. Unless specifically instructed, you should straighten the knee and bend as far as you can (pain permitting) regularly. Please remember to apply ice to the knee following your exercises. Formal physiotherapy treatment normally starts at 10-14 days following surgery. It is normal for you to experience some pain at the time of the exercises. Pain medication taken before the exercise session may help dampen the pain. It is also normal to experience a feeling of fullness in the knee and for the knee to swell moderately following exercises. Ice will help reduce the swelling.

Follow-up Appointment

5. Please make an appointment for review at 10-14 days from the date of the knee arthroscopy surgery. Please phone 011 458 2133/4/5.