

John P. Gibbons FRCS (Tr&Orth)

Hip and Knee Specialist | Assistant Professor, School of Medicine, UCD

ARTHROSCOPIC KNEE SURGERY

Post-Operative Care

1. WOUND CARE

After the surgery you will have a bulky dressing which can be removed 48-72 hours after surgery. Under this dressing will be a waterproof dressing which should be left on and kept dry to reduce risk of infection. You will be given some spare dressings if they should happen to come off. Showering is OK but do not soak in a bath. It is normal to have some blood spotting on the dressing but ooze that breaches the dressing should prompt you to see medical attention with your GP or to return to the hospital.

You will generally have two sutures (stitches) at the small incision sites, and these should be inspected and removed with a medical professional such as your GP or nurse practitioner. Any concerns please contact the clinic. After 2/3 weeks your wounds should be well healed, and you can return to swimming/baths.

2. PAIN & SWELLING

It is expected to have some discomfort and swelling in the knee in the first few weeks after arthroscopy. Elevation and icing (15-20 minutes, three times a day) can help control swelling, especially in the first 72 hours following surgery. Take your pain medication (script provided) regularly. Avoid standing for long periods of time during the first week.

3. WALKING & ACTIVITY

You are expected to be able to walk putting full weight on the knee on the day after the surgery, unless instructed otherwise. You can start using an exercycle (or cross-trainer) soon after surgery, initially with low resistance to focus on knee movement then building up over six weeks to focus on strengthening. Aim to spend 20-30 minutes a day for the first six weeks. Mr. Gibbons will discuss with you whether specific goal directed physiotherapy is required. It is important not to drive or operate machinery in the first 48 hours after the operation due to the general anaesthetic. Return to work is usually 2-14 days after the surgery, depending on the nature of the work you do. A medical certificate can be provided to you.

FOLLOW-UP

Mr. Gibbons will typically see you 6-8 weeks post operatively to assess your recovery and go through the intra-operative findings with you to explain what was seen and what one would expect from your knee going forward.

For any questions or concerns please email: johngibbonssec@gmail.com

JOHN GIBBONS
ORTHOPAEDIC SURGERY