DR DARREN WATERS
BMBS FRACS (ORTHO)

Western Hospital
168 Cudmore Terrace
Henley Beach SA 5022
P 08 8267 8299 **F** 08 8102 0575
Provider Number 015787YH

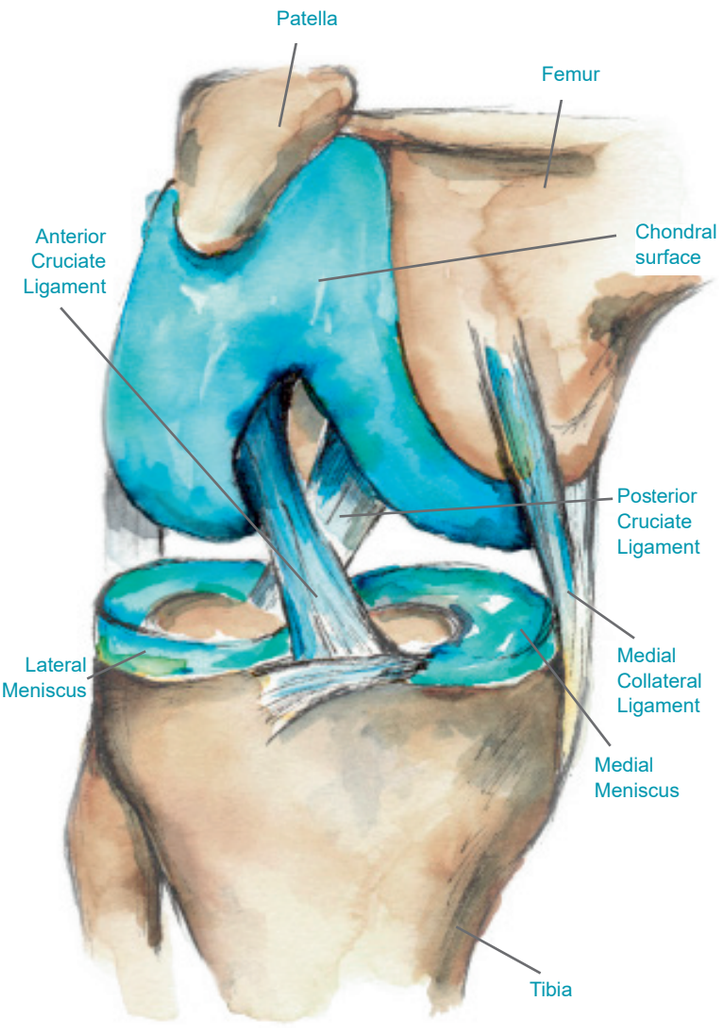
Patient Information

ARTHROSCOPIC KNEE SURGERY

This information has been designed to give you a basic understanding of your arthroscopic knee surgery and what is expected during your hospitalisation. Please keep in mind that this is a guideline only and that each individual has different needs so you may progress at a different rate to that which is outlined.

Arthroscopic surgery of the knee is performed using a small telescope (arthroscope) and operating instruments which are inserted through two or three small punctures approximately 5 millimetres long. Using this technique, it is possible to remove torn cartilages and other loose pieces as well as perform various other forms of surgery within the knee using special instruments without the necessity for opening the knee.

This procedure enables a more rapid recovery than with the older traditional methods, the pain is reduced and the hospital stay is much shorter.



Hospital Admission

Your Operation

Your operation will involve admission to hospital, usually just for the day. Only rarely is an overnight stay recommended.

Anaesthesia

A general anaesthetic is usually given but the anaesthetist will see you prior to your operation and discuss other options if necessary. Generally, if your operation is in the morning you should fast from midnight, however, if it is in the afternoon, you should fast after a light breakfast at 7.30am. You will be advised of a fasting time relevant to your scheduled surgery time prior to admission.

Recovery

On recovery from anaesthetic you may experience some soreness in your knee and pain relief will be given if this is troubling you. You will be given a prescription for a pain killer prior to discharge, to use at home if necessary.

When you have recovered from your anaesthetic fully, you may get up and walk about unless instructed otherwise. You will usually not need crutches.

Going Home

Prior to going home you will be given advice regarding exercises and if required, arrangements made for you to be seen by a physiotherapist. It is important to do the exercises after surgery, as per the sheet provided, to minimise the muscle wasting.

Bandages

Generally, you will be given a tubigrip bandage prior to discharge, which should then be applied for at least one to two weeks to help minimise swelling, although it can be removed at night and for showers.

The risks involved

This surgery has a very low complication rate. Infection occurs about once in every 300 cases and usually requires further hospital treatment. Blood clots in the veins are a small risk after any surgery.

The Results

For simple torn cartilages the results of surgery are very reliable and a near full return of function and relief of pain can be expected.

For older patients where arthritis is present in the joint, the aim is for a significant improvement in symptoms with reduction in pain and improvement in function, but there may never be complete relief of symptoms.

Knee cap problems are also rarely completely cured.

Going home

Swelling

Some swelling and discomfort is expected. Simple pain killers should cover this. Excessive pain, prolonged or offensive discharge from the puncture holes or a high fever may indicate infection and should be reported to your surgeon. Infection is a rare complication, which needs special treatment.

Bleeding

It is common to get some bleeding or clear yellow joint fluid for the first few days. Replace the Band-Aids if necessary, or phone our Orthopaedic nurses if there is a large amount of fluid dishcharge or bleeding.

Tenderness

Some prolonged tenderness of the puncture holes, especially with kneeling, is common and some minor surrounding numbness also can occur.

Return to work

You could return to work in a few days if you have a sedentary job. Those with heavy manual jobs will need longer and this will depend on your fitness and type of arthroscopic surgery performed.

Driving

You should not drive for the first 24 hours after the anaesthetic but can resume when your knee is comfortable.

Follow-up appointment

A follow-up appointment will be made for you to see your surgeon approximately two weeks after surgery.

Further enquiries: PHONE (08) 8267 8299
FAX (08) 8102 0575
EMAIL admin@darrenwaters.com.au

DR DARREN WATERS
BMBS FRACS (ORTHO)

This material has been produced as a reference guide only and should not be used in place of a consultation with a qualified medical practitioner. This information sheet is not intended for medicolegal purposes.