

# Patient information

## Lower Limb Arthroscopy

### Martin Corke Day Surgery Unit

### Lower Limb Arthroscopy

#### What is it?

Arthroscopy is a 'keyhole' technique where a fine telescope called an arthroscope is used to look inside one of the joints of your body e.g., the knee or ankle.

This is a diagnostic operation and once the orthopaedic surgeon has looked inside, they will endeavour to perform any keyhole surgery appropriate.

#### Following your surgery:

Stitches.....

Steristrips will fall away in 10-14 days. If not, you may gently remove them yourself.

-Please leave your dressings intact, keeping them clean and dry for 2 – 3 days. If the bandage should slip, re-apply it with moderate pressure to the original position. After 2 – 3 days, remove the bandage and dressings and place clean airstrips or similar waterproof plasters over the 'keyholes' - unless you have healed already.

-You may now shower with care. Ensure your wounds are dried properly. Bathing is not recommended until wounds are healed as this soaks the dressings and can interfere with wound healing.

Consultant specific instructions:

e.g., dressings, ice therapy

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-You may experience some mild to moderate pain. This can be relieved by taking painkillers and on discharge you may be given 3–5 days' supply of painkillers, these may be taken as prescribed; otherwise, Paracetamol or similar pain-relieving medication is appropriate. We recommend you have a supply of Paracetamol and Ibuprofen at home.

-Should any bleeding occur, apply moderate pressure and elevate the limb.

You may experience some degree of swelling of your foot/leg; this is normal. To help relieve this, place a pillow on a sofa or stool and elevate your leg on this when resting.

Within 2–3 days you should begin to increase your movements from around the house and into the garden. By the end of the first week, you should be confident enough for short walks – you will know your limitations.

### **These are some exercises you can do to prevent swelling and stiffness.**

- Gently rotate your foot and ankle.
- Sitting on the floor, keeping your knee straight, gently raise your leg to a few inches off the floor and gently back down again.
- You will gradually be able to bend your knee to enable you to climb the stairs normally, but do not force your knee at any time.

Crutches/walking Instructions .....

Outpatients Appointment.....  
This will be sent to you.

Return to work.....

Driving: After 5 – 7 days unless otherwise instructed and you can safely perform an emergency stop.

### **Contact your GP or GP Out-of-Hours Service if:**

- You experience severe pain.
- Any bleeding does not stop by the suggested method.
- The operation site becomes red, hot and produces a discharge, you may have an infection.

If you require any further advice, please contact the Martin Corke Day Surgery Unit on 01284-713959 between 7.45am and 8.00pm, Monday to Friday.

Outside of these hours contact the orthopaedic ward F4 on 01284 713290 and speak to the nurse in charge. Please have your hospital number on the discharge leaflet available.

Or  
NHS 111

*If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo)*

<https://www.accessable.co.uk>

