

Patient information

Knee Arthroscopy - advice following keyhole surgery

General Advice

You have undergone a relatively minor procedure on your knee, involving keyhole surgery. This leaves little evidence on the outside of your knee, but the inside may now be sensitive to stress, especially if you have had additional procedures done such as trimming of the cartilage.

What happens on the ward after your operation?

- You will have a dressing on your knee to decrease the swelling. It is removed 24-48 hours after the operation.
- Do not be afraid to bend your knee but do not force the bending – it will improve gradually. Avoid squatting with the knee fully bent, as this will increase the stress on the knee.
- Before you get out of bed after the operation, you should be able to lift your leg off the bed with a straight knee (straight leg raise). This indicates whether you are able to start getting up and walking about. The nurse or physiotherapist will provide a walking aid if they think it is necessary.
- Try to adopt a normal walking pattern as soon as possible. Do not limp. Make sure you straighten your knee fully when standing on your leg.
- Avoid too much walking on hard or uneven surfaces and activities that involve twisting your knee for two weeks.
- On discharge, if you need to negotiate stairs or steps, you may find it easier to take one step at a time. When going up, lead with your good leg, then the

operated leg (and walking aid if necessary). When coming down, lead with your operated leg (and walking aid) then the good leg.

- You may experience some swelling in your knee after the operation – this may be a sign that you have become too active and need to rest the knee. If it persists, it can be dealt with by elevating your leg (so your foot is higher than your hip) and using ice.

To use an ice pack, place a bag of frozen peas in a damp pillowcase and apply to your knee for 20 minutes two or three times a day until the swelling subsides. Avoid using ice therapy if you have any skin problems, or altered sensation around the knee.

- Do not drive or return to sporting activities until you have been reviewed by the doctor.
- You may see a physiotherapist during your admission, or be referred for follow-up physiotherapy, depending on the outcome of your surgery.
- The exercise programme in this leaflet should be followed.

Exercise Programme

Deep breathing exercises

After an anaesthetic it is important to take some deep breaths to minimise the retention of secretions in the lungs. During normal activity, our bodies do this automatically, so take 3-4 deep breaths every 20 minutes until you are up and about after the operation.

Circulation exercises

In the initial recovery period, your circulation tends to slow down. Maintain good circulation by doing these exercises:

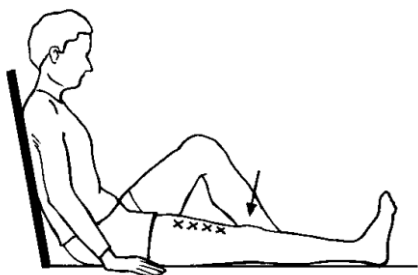
- Pull toes and feet towards you, and push away again. Repeat x 10.
- Tighten your buttock muscles, hold for 5 seconds then release. Repeat x 10.

Repeat these exercises every half an hour in the recovery period, until you are up and about.

Knee exercises

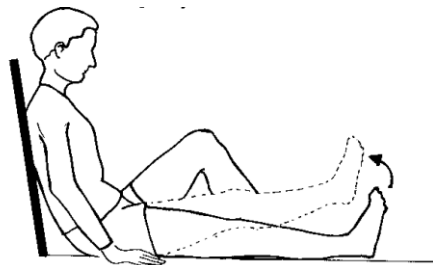
Continue with these exercises three times a day until you have resumed your normal daily routine. If any of the exercises cause you concern, stop until you attend clinic, or contact the physiotherapy department for advice.

- **Static quadriceps exercise**



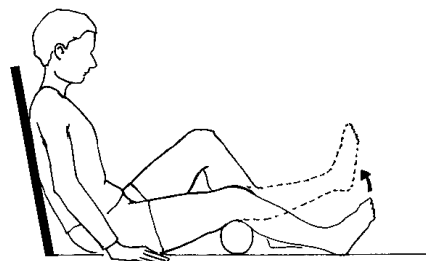
Sit upright with your operated leg in front of you. Bring your toes towards you and press your knee down into the bed by tightening your this muscles. Hold for 5 seconds. Repeat 10 times.

- **Straight leg raise**



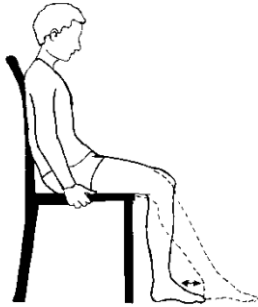
Sit with your operated leg out in front of you, and your other knee bent. Tighten your thigh muscles and lift your leg 6 inches off the bed. Hold for 5 seconds and lower slowly to the bed. Repeat 10 times.

- **Inner range quadriceps exercise**



Sit with your operated leg outstretched with a small roll under your knee. Tighten your thigh muscles and lift your heel off the bed until your knee is straight. Hold for 5 seconds, and slowly lower. Repeat 10 times.

- **Range of movement exercises**



Sit on a chair. Straighten your operated knee fully in front of you, then bend it to the chair again. Repeat 10 times.

Notes:

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the disabledgo website link below:

<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>