

## Useful contacts

Day Surgery Unit, Telephone 442120  
Opening hours Mon - Fri 0800 - 2000

Physiotherapy Department, Telephone 442639  
Opening hours Mon - Fri 0800 - 1600

If you have any questions or concerns then please contact us

## In an Emergency

If you have an emergency on the first night home after your surgery then please phone the hospital on 442000 and ask to be put through to the Emergency Department (A&E)

## Notes

(Please use this area to write any questions you want to ask your Physiotherapist or Surgeon)

States   
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The States of Jersey Department for  
**Health & Social Services**

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**Health & Social Services**

**Patient Information**

# Knee Arthroscopy

**Full and Partial Weight-bearing**



*This leaflet is for people who have had a knee arthroscopy (key hole surgery). It outlines what you need to do after your operation with regards your weight-bearing, dressings, swelling, exercises etc.*

Lower Limb Physiotherapy and  
Day Surgery Teams  
Jersey General Hospital

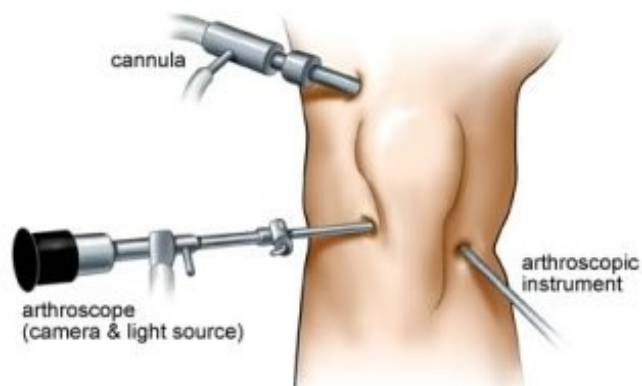
## What is a knee arthroscopy?

A knee arthroscopy is key hole surgery of the knee. It can assess or treat problems in the knee.

A device called an arthroscope examines the joint. This is a thin, metal tube about the length and width of a drinking straw that contains a light source and a camera. The surgeon can see images from inside the joint from the arthroscope on a video screen or an eyepiece. Tiny surgical instruments are used to allow the surgeon to treat certain joint conditions.

As the equipment used during an arthroscopy is so small, only small cuts are made in the skin. This means the procedure may:

- be less painful after the operation
- have a faster healing time
- have a lower risk of infection
- mean you can often go home on the same day
- mean you can return to normal activities quicker



Your doctor should have explained the reason why you are having a knee arthroscopy to you. Please ask questions to make sure you understand the reason for the operation.



Stand with weight equally spread between both feet Push up on your toes, then slowly lower.

Repeat 10 times.



Stand holding onto a support. Bend your operated knee and lift your foot off the floor. Hold for 5 seconds then slowly lower back to the floor.

Repeat 10 times.



Sitting with your arms crossed. Make sure your weight is equally spread between both feet. Stand up and then sit down slowly.

Repeat 10 times.



Sitting on a chair, with the heel of the operated leg on a chair as shown.

Let your leg hang straight in this position. Hold 30 seconds. Repeat 5 times.

## Exercises

It is important to start these exercises on the day of your surgery, you may find them uncomfortable but not overly painful. Exercises are important after surgery in order to help reduce swelling and regain movement and strength.

Complete these exercises 4 times a day. Continue doing these exercises until your knee feels back to normal, or, if you are partial weight bearing, continue until you are told otherwise by a Physiotherapist (who will contact you within 2 weeks of your surgery).



Sitting with both legs straight, bend the operated knee, dragging your heel towards your bottom. Then gently pull your operated knee until you feel a slight stretch or discomfort. Let go, then straighten the knee.

Hold for 5 seconds. Repeat 10 times.

Lying on your back with legs straight. Pull your toes up towards you and push your knees down firmly against the bed. Hold 5 seconds. - relax. Repeat 10 times.



Lying on your back with knees bent, weight equal through both feet. Squeeze your buttocks together and lift your bottom off the floor. Return to starting position. Repeat 10 times.

## After your operation

- we recommend that you take any prescribed pain relief as directed until your knee is comfortable
- elevate the leg when you are sitting or lying, for the first week after surgery. Long periods of standing or walking in the first week after surgery are not recommended
- it is normal for the knee to be swollen after surgery, but important that you keep it to a minimum. Apply a cold pack (e.g. frozen peas wrapped in a towel) to the area for 10 - 20 minutes every hour until the swelling has gone. Using a cold pack should also help you manage your pain
- perform the exercises in this booklet. A specialist Physiotherapist has designed them especially for people having a knee arthroscopy
- once your wounds have healed don't be afraid of touching them. We recommend you massage them, daily with non scented cream / oil (e.g. E45, BioOil etc) as it helps reduce the sensitivity of them
- do not resume sporting activities until either the Physiotherapist or surgeon has advised that you are ready to resume. This may be weeks or months depending on the activity and your progress.

## Your weight bearing status (delete as appropriate)

**Full weight bearing:** You are allowed to walk normally. You do not have to use a walking aid.

**Partial weight bearing:** You must use crutches. Put 50% of your weight through the operated leg and 50% through the crutches

## Work

If you work, and depending on your job, your surgeon may advise that you need some time off work. Your surgeon will issue you with an appropriate sick note. If you need further sick notes, you will need to see your GP.

## Dressings (delete as appropriate)

A- Leave all bandages in place for 48 hours. After 48 hours remove the bandages and any gauze covering the wounds and replace them with the dressings provided. These dressings are NOT shower proof. Keep the operated leg clean and dry until it has healed. Leave the dressings on for 7 days then they may be removed. You shouldn't need any further dressings after 7 days.

B- The white stocking and plasters that the nurses put on your leg before you left hospital should stay on day and night for 7 days. You may remove the stocking to shower after the first 2 days provided the plasters are securely fixed. On the 7th day you should soak off the plasters. You can wear the stocking for support for a further 7 days if needed.

C- On the night of your operation leave the dressing and tubigrip in place. The day after your operation take off the double tubigrip and remove the blue gauze. Cut the tubigrip in half and apply a single tubigrip to the operated knee. This should be worn during the day but removed at night. On day 7 after your operation you may soak off the plasters. Continue wearing the tubigrip for a further 7 days or until any swelling has settled.

### Following a general anaesthetic, we strongly recommend that for 24 hours you:

- do not drive
- do not operate machinery
- do not drink alcohol
- do not make any legal decisions

### Please contact us if you experience:

- pain that is not relieved by your prescribed pain killers
- bleeding from the wounds
- excessive swelling
- high temperature
- wound discharge or infection

## If Using Crutches

1. place crutches in front, and operated leg on floor between crutches (figure 1)
2. if **Full Weight Bearing**, put as much weight as you feel comfortable through the operated leg.
3. if **Partial Weight Bearing**, only put 50% of your weight through the operated leg, and 50% through your arms and crutches.
4. step the un-operated leg through the crutches, landing your foot in front of the crutches (figure 2)

