



KNEE ARTHROSCOPY

Aster
HOSPITAL

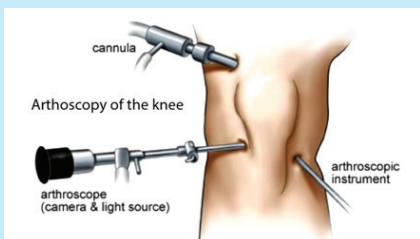
We'll Treat You Well



Digital Version



Knee arthroscopy is a surgical technique that can diagnose and treat problems in the knee joint. During the procedure, your surgeon will make a very small incision and insert a tiny camera - called an arthroscope into your knee. This allows them to view the inside of the joint on a screen.



CALL THE HOSPITAL IF YOU EXPERIENCE THE FOLLOWING:

- Blood is soaking through your dressing,

and the bleeding does not stop when you put pressure on the area.

- Pain does not go away after you take pain medicine.
- Swelling in the leg, calf or ankle is usually due to constriction of the bandage. If it becomes too tight, the bandage should be loosened and the leg elevated above the level of the heart until the swelling decreases.
- Your foot or toes look darker than normal or are cool to the touch.
- You have redness, pain, swelling, or yellowish discharge from your incisions.
- You have a temperature higher than 100.4 °F (38 °C)
- Stitches found open.

GENERAL INSTRUCTIONS

- You may need help taking care of

yourself when you first go home. Plan for a spouse, friend or neighbor to help you.

- Do not lift heavy objects over 5 kgs after surgery, avoid climbing ladders
- Do not use ointments on the incisions. You may shower the day after surgery, but the incisions should not be soaked (i.e., bathtub, hot tub, swimming pool, etc.).
- Avoid using the bathtub until instructed.
- Your first post-operative appointment will usually be within a week following your surgery. The findings at surgery, long-term prognosis, and plans for rehabilitation will be discussed at this appointment.

ACTIVITY

- Unless you have been otherwise instructed, you will be allowed to bear as much weight on your leg as instructed immediately after surgery. Crutches may be used as necessary to help decrease discomfort.
- Elevation of your leg above the level of your heart can be very helpful in minimizing discomfort and swelling in the first 48 hours following surgery. This is most easily accomplished by placing two to three pillows length wise under your knee so that your whole leg is supported.
- Please be careful on slippery surfaces, steps or anywhere you might fall and injure yourself. If you feel unsteady, ask someone to help you.
- Be careful not to get the dressing on your knee wet.
- DO NOT use a heating pad.
- Use Ice packs as indicated.
- Stair climbing; Climb one step at a time; Non-operated leg up and operated leg down. Your physiotherapist will teach you how to go up and down stairs using crutches or with a knee brace as.

- Your physical therapist will give you an exercise program to help you build strength in your knee and avoid injury.
- Staying active and build-rig strength in the muscles of your legs we help speed your recovery

WOUND CARE

- You will go home with a dressing, keep the dressing clean and dry; DO NOT remove them until your doctor says it is ok.
- When you shower, wrap your leg in plastic to keep it from getting wet until your stitches or tape have been removed.
- If you need to change your dressing for any reason, out the crepe bandage bad on over the new dressing. Wrap the crepe bandage loosely around your knee. Stan from the calf and wrap it around your leg and knee. DO NOT wrap it too tightly. Keep wearing the crepe bandage until your provider tells you it is ok to remove it.

PAIN

- Pain medication often causes drowsiness and we advise that you do not drive, operate machinery, or make important decisions while taking medication
- Take your pain medicine when you start having pain, so the pain doesn't get too bad.



PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

📞 04 440 0500 🌐 asterhospitals.com 📱 📧 📺 asterhospital

DEPARTMENTS

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