

**Mr David Gordon** MB ChB, MRCS, MD, FRCS (Tr & Orth)

## Consultant Orthopaedic Surgeon

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## Knee Arthroscopy – A Patient Guide

### What Operation has been Performed?

A key hole operation using 2 small cuts has been performed (arthroscopy). This allows a small telescope and instruments to be placed inside the knee. A number of procedures can be performed using this technique, depending on what is required in your knee. A tear in the meniscal cartilage can be removed (meniscectomy), loose pieces of cartilage taken out (loose bodies) or cartilage stimulating procedures performed (microfracture).

### Rehabilitation

You can walk after the operation as soon as you are comfortable, which is normally within a few hours. Once you have been assessed by a physiotherapist and are deemed safe (with or without crutches), you can go home the same day. Someone will need to pick you up.

### Day of the Operation at Home

You will experience some discomfort and should take pain killers, such as Codeine with Diclofenac. These should be taken regularly (3-4 times/day) especially before physiotherapy or exercise sessions. There may be some swelling in the knee and if so, place ice (or frozen vegetables) on the knee for 10 minutes in every hour, especially before and after physiotherapy or exercise sessions.

### Day after the Operation, Bandage, Dressings and Showering

24 hours after the operation, you can remove the bandage and wool around the knee yourself. Underneath will be 2 waterproof dressings. Keep these dry for 3 whole days after the operation. On the 4<sup>th</sup> day you can have a shower, taking care not to soak the dressings although they can get wet. Avoid a bath until Mr Gordon has seen you in clinic at 10 days to 2 weeks to review your wounds.

### Physiotherapy and Exercise

You can place your full weight through the knee and bend and straighten it as much as you feel comfortable. You cannot damage the knee. This should start as soon as you are comfortable, on the day of surgery. More formal exercises or dedicated physiotherapy can commence between 1 and 3 days after the operation.

### Driving

You need to be able to control the vehicle in an emergency. Can you stamp your foot down on the ground? For left sided surgery and no clutch is required, driving is probably safe after a few days post operatively. For right sided surgery, driving is probably safe at 2 weeks post operatively. You should check with your insurance company. If you are unsure, please ask Mr Gordon.

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## **Returning to Work**

Sedentary jobs: Return after 3 days

Standing/walking jobs: Return after 1-2 weeks, but may be sooner depending on comfort and swelling

Manual/labouring jobs: Return after 2-4 weeks, but may be sooner depending on comfort and swelling

## **Out Patient Visits to see Mr Gordon**

2 weeks – to assess wound healing

6 weeks – to assess pain, swelling, muscle bulk and range of motion

12 weeks – to assess pain, swelling, muscle bulk and range of motion and to advise on increasing activity level

4-6 months – final review depending on progress