

A Guide for Patients and Families

# Knee Arthroscopy: Post-Operative Discharge Instructions



# What should you do after you have been discharged from Knee Arthroscopy?



These instructions provide general information and advice on what you should do after you have been discharged. Please note that these guidelines are not exhaustive and taking these precautions may help to reduce risks and complications after your surgery.

## Diet

There are no restrictions to your diet and you may continue to eat as per normal.

## Wound Care

- You need to keep the wound clean and dry.
- Removal of stitches will be on the 14th day after your surgery unless otherwise stated. Bulky outer dressings can be lightened 3 days after surgery.
- The inner dressing is waterproof and should be changed on the 3rd day after surgery and twice a week, thereafter.
- You will be given a letter to go to nearest polyclinic/ GP clinic for a change of dressing.
- If your knee is swollen, apply an ice pack 3 times a day, each for a period of 15 to 30 minutes. Ensure that the ice pack is wrapped around your entire knee.
- After your surgery, the surgeon may order the application of a knee brace. You are required to put on the knee brace daily except when you are going to shower.

Your follow-up appointment with the Occupational Therapist / Physiotherapist will be instructed by the surgeon.

## Medications

You are only required to take the prescribed pain medications when you feel pain. You are not required to take the medication if no pain is felt. Please stop the medications if you are experiencing any of the following allergic reactions:

1

**Skin rashes**



2

**Breathing difficulty**



3

Swollen eyes, lips  
or face



## Physical Activity



The surgeon will advise on your walking status after the surgery and you may need to restrict walking temporarily if required.



If you are allowed to walk, try to weight bear on a straight knee, then bend the knee easily to step through.



You should elevate your lower limb when resting.

## Complications



Swelling and  
redness



Pain despite  
taking  
medication



Fever above 38°C

## Others

You may wish to proceed to your own attending or nearest hospitals for medical attention and advice.



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