

## **KNEE ARTHROSCOPY PATIENT INFORMATION**

- You can put your full weight on your leg straight away. When you are sitting elevate your leg.
- The bandage can be removed the following day after surgery. There are no sutures to be removed. There will be some dried blood on the bandage when you remove it. This is normal and you should not be alarmed. The wounds will have little steri strips across the incisions, leave these on until they fall off or wash off at day 5 after surgery. If the incisions bleed just place a bandaid over them.
- You should only need Panadol or Panadeine when you get home to control your pain.
- You do not need to see a physiotherapist or do specific exercises.
- If you have any concerns between now and when I see you please feel free to ring my rooms on 31394481.
- Ring my rooms to make an appointment for 6 weeks for review.