

Arthroscopic knee surgery

Wound care

Wash your hands every time before handling the bandages. Remove the bandage 24 hours after the procedure. You may take a shower and get the wound wet if it is dry and there is no exudate. Do not use soap on the wound or rub it. When there is no longer any exudate, no bandage is needed. Going to the sauna, having a bath, swimming, or applying skin lotion is only allowed when the stitches have been removed and the wound is closed.

Make an appointment with a nurse to have the stitches/clips removed ____ / ____ 20____.

Pain management

Take painkillers as prescribed regularly for 2–3 days and as needed thereafter. After arthroscopy, your knee may keep swelling for 1–3 weeks during exercise etc. Keeping the leg elevated and applying an ice pack will reduce the pain and swelling and promote healing. Apply the ice pack to the knee for 10–15 minutes every 2–3 hours. If necessary, the doctor performing the procedure will write you a prescription for painkillers.

Rehabilitation

You may start moving right away within the limits of pain. You can use crutches if necessary; you can borrow them from your local health care centre. The instructions on leg exercises given by the physiotherapist will promote your recovery. You may resume your normal physical and sports activities about 4 weeks after the procedure, according to the instructions given by the doctor.

Sick leave

The doctor performing the operation will write a sick leave certificate for you.

Follow-up appointment

Generally, no follow-up appointment is necessary.

Please get in touch in the event of any of the following:

- increasing pain in the wound
- increased bleeding or other exudate from the wound
- fever above 38°C
- increasing warmth, redness or swelling in the wound

Contact information

Operation ward's discharging nurse

Monday to Friday, 8 am-3 pm

Tel. 044 707 7488

Surgical ward 2

Phone 02 627 6450

Satasairaala Satakunta Hospital District,

[For Satasairaala's website, go to www.satasairaala.fi](http://www.satasairaala.fi)

Customer service tel 02 62771