

Dr Brendan Ricciardo

MBBS (UWA) FRACS FAOrthA
Orthopaedic Surgeon

Hip, Knee & Shoulder Surgeon
Sports & Trauma Surgery



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KNEE ARTHROSCOPY

Discharge

You will be discharged from hospital a few hours after surgery. You will need someone to pick you up and take you home.

Post-Operative Appointment

Your first post op clinic review is 2 weeks after surgery. If you would like to confirm or change this appointment please contact my PA Tammy on 9230 6333 or tammy@coastalorthopaedics.com.au. If you live in Regional WA then this appointment can be made with your GP (please discuss this with Brendan).

Pain Relief / Medications

You have been prescribed a range of pain killers by the Anaesthetist. You should take them as prescribed. In general, you should take paracetamol regularly as first line, followed by anti-inflammatories if prescribed or directed and then strong painkillers such as Tramadol, Tapentadol or Oxycodone for top-up pain relief. You can cease them as soon as the pain allows. Check with your nurse prior to discharge if you are unsure.

Swelling / Icing

Post op swelling of the knee can occur. It should settle over a few weeks. Regular icing of your knee, combined with elevation, is the best way to reduce the swelling. You should continue icing your knee as long as it remains swollen, which can be several weeks. If the swelling gets worse or if there is redness around the wound or fever, please contact my rooms immediately or attend your local Doctor. After hours you can contact the hospital ward from which you were discharged.

Bandage / Dressings / Sutures

Your knee bandage can be removed the morning after surgery and a tubigrip compression stocking should be applied. You will be discharged from hospital with dressings covering your knee. Leave these dressing in place until your two week review when we will remove them. The dressings are waterproof. Showering is fine but bathing/swimming is not. Should your dressings lose their seal or become saturated, please contact my rooms for advice.

Crutches

Crutches are generally not needed. Full weight bearing through the operated leg is usually allowed immediately following surgery. In some instances (depending on what surgery is performed) Brendan may instruct you to use a brace and/or crutches. An example of this would be if you have had a meniscal repair.

Physiotherapy

Please refer to the 'Rehab' section of my website www.drbrandonricciardo.com.au for exercises you should perform following surgery and continue after discharge from hospital. You should avoid sleeping with a pillow under your knee, even if it feels more comfortable. For elevation place a pillow until your ankle. Formal physio, if needed, will be organised at your 2 week appointment.

Return to Work / Driving

It is reasonable to target a return to office work at 1-2 weeks. Continued leg elevation in the early stages of return to work is recommended. For physical work the target is 4-6 weeks. If surgery is on our left knee and you have an automatic car, then it is possible to return to driving after a few days. For right knee surgery and all manual cars it is more likely to be 2 weeks.

