

Post-Operative Instructions For Undergoing Knee Surgery

We would like provide you with some further information regarding your post operative care for the first two weeks after your surgery.

1. **The wound and dressings** - Mr Gupte or the nurses will have informed you regarding whether the dressings could be removed the day after surgery. On occasions the dressings are required to add pressure for some time longer than that. However on most occasions the outer bandage dressings (crape bandage and cotton wool bandage) can be removed in the first 24 hours. However the inner dressings which are the square sticky bandages are usually waterproof and are best left alone until your post operative appointment.
2. It is advisable to keep the wound and dressings dry even when having a shower. The best way to achieve this is by applying either a cling film dressing over the wound or a plastic bag with rubber bands at the top and bottom to prevent water seeping in.
3. Almost always it is advisable to apply ice to the knee and the wounds in order to reduce both pain and swelling. Ice should be applied 4-6 hourly for 10 minutes at a time ensuring that the ice is not touching directly on the skin and usually applied through a tea towel or a material to prevent ice burns.
4. **Mobilisation-** In terms of mobilisation it is reasonable to mobilise for daily function and activity. However it is best not to stand or walk for more than 10 minutes at any one time.
5. **Pain control-** You will have been prescribed tablets for pain. These usually are a combination of paracetamol, non-steroidal anti-inflammatory such as neurofen or naproxen, and on occasions codeine or tramadol. It is best to take the prescribed medications regularly for the first 3 or 4 days after the operation. You can then guage the amount of pain you are in. The first medication to stop is usually the codeine and tramadol followed by the non-steroidal anti-inflammatory followed by paracetamol.
6. **Communication-** If you have any queries please do ring Alice on 0207 483 5160 during office hours. If you query is urgent and out of office hours it is best to ring the ward and ask to speak to the sister in charge.

We wish you the best for your recovery and look forward to seeing you at your post-operative appointment.