

# SIMON W. YOUNG

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## ARTHROSCOPIC KNEE SURGERY PLUS ILIOTIBIAL BAND LENGTHENING Post-Operative Care

### 1. WOUND CARE

After the surgery you will have a padded crepe bandage on your knee, you can remove the bandage 48 hours after the surgery.

Under the bandage there are waterproof dressings covering the incisions, these should be left on and kept dry. Showering is okay but not soaking in the bath. It is expected to have some blood ooze on the dressing. If a dressing falls off or gets wet, it can be replaced with any simple dressing such as a band-aid.

The sutures used are absorbable. After 12-14 days the dressings can be removed and let the adhesive strips (steristrips) peel off. After 2-3 weeks when the wounds are completely healed you can swim/bath again.

### 2. PAIN & SWELLING

It is expected to have some discomfort and swelling in the knee in the first few weeks.

Elevation and icing (15-20 minutes, three times a day) can help control swelling, especially in the first 72 hours following surgery. Take your pain medication (script provided) regularly. Avoid standing for long periods of time during the first week.

### 3. WALKING & ACTIVITY

You are expected to be able to walk putting full weight on the knee on the day after the surgery, unless instructed otherwise.

You should rest the knee for the first two weeks until the wound heals. You can start using an exercycle (or cross-trainer) 2 weeks after surgery, initially with low resistance to focus on knee movement then building up over six weeks to focus on strengthening. Aim to spend 20-30 minutes a day for the first six weeks. Simon will discuss with you whether physiotherapy is required.

It is important not to drive or operate machinery in the first 48 hours after the operation.

Return to work is usually 2-14 days after the surgery, depending on the nature of the work you do. A medical certificate can be provided to you.

## FOLLOW UP

Wendy will typically arrange a follow up appointment 6-8 weeks after the surgery, please liaise with her to ensure the date and time is suitable for you.

If you have any concerns prior to your appointment please  
**phone 09 521 9849 or email [ortho@axissportsmedicine.co.nz](mailto:ortho@axissportsmedicine.co.nz)**

After hours or if the query is urgent you can contact  
**Simon Young on 021 616 183 or email [simon.young@auckland.ac.nz](mailto:simon.young@auckland.ac.nz)**