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KNEE ARTHROSCOPY PATIENT INFORMATION

OPERATIVE FINDINGS & PROCEDURE:

Torn cartilage: Removed/Repaired	Ruptured ligament
Articular cartilage damage	Arthritis

DISCHARGE INSTRUCTIONS:

- Crutches are not usually necessary.
- It is normal to require Panadol or even anti-inflammatory tablets.
- Tramadol may have been supplied - use this only if the standard painkillers aren't strong enough.
- Do not drive for 24-hours, and not before you can walk comfortably. Do not operate heavy machinery, engage in sports, heavy work or lifting, conduct responsible business, sign documents or engage in any task that requires a good deal of skill, coordination or judgement for the remainder of the day.
- Remove bandages on day-three.
- The small plastic dressing should stay on for a further week if possible.