Do you want to know?

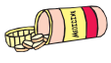
Knee Arthroscopy

K02
sheet 1/1

What is it?

Knee arthroscopy allows a direct and thorough visualization and treatment of the knee by means of an arthroscope (endoscope). It is inserted through a tiny incision in the joint called portal.

What do you need to know?

Drugs 

- Take medications to relieve your pain as ordered by your physician.
- Aspirin should be stopped two weeks before the procedure unless the physician recommends otherwise.

Diet

Follow a diet as ordered by your physician.

Activity

- After surgery the physical therapist will visit you upon your physician's request to:
  - Teach you about the specific care and precautions for your knee.
  - Provide you with exercise programs.
  - Help you ambulate and advise you to put as much weight on your leg as instructed by your surgeon.
- Follow the instructions of your physiotherapist.

Therapeutic Measures

- Keep dressing clean and dry in order to prevent infection.
- Shower if your physician agrees.

Considerations

Notify your physician immediately if you encounter any of the following:

- Severe pain not relieved by medications.
- Bandage becomes suddenly saturated with bright red blood.
- Toes on operative side become numb or blue.
- Temperature becomes 38.5°C or above.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

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