

PAIN

You will either get pain tablets or a prescription to take home. Use these analgesics as prescribed and as necessary. It is a good idea to take an analgesic before going to bed, even if the knee is not painful. Please contact us if the analgesic does not help.

BLEEDING

Sometimes, when you start walking, there may be some bleeding through the bandages. Elevating the leg above the level of your head should help to stop the bleeding. If necessary, another bandage can be placed over the original bandage. Please contact us should there be any severe bleeding.

WALKING

Immediate full weight-bearing is usually possible, unless otherwise advised. Sometimes you might need one or two crutches. These can be used at your convenience.

WOUND MANAGEMENT

The stitches are beneath the skin and are absorbable. These stitches do not need to be removed. The bandages can be removed on the 3rd day after the operation and the wounds left open, unless instructed otherwise. After removal of the bandage you may shower or bath. Please contact us if you are worried about the wounds.

HEALING

Complete healing takes time, approximately 6 - 12 weeks. It is important that there is progressive improvement in your knee. Please contact us if the knee does not improve.

DRIVING

You are not allowed to drive on the day of the operation as a result of the anaesthetic. You can drive as soon as you feel you are able to do so and this is usually a day or two after the operation.

FOLLOW-UP

Unless otherwise instructed you do not need a follow-up appointment. If you still have discomfort after 4 - 6 weeks, please contact us or make an appointment to see us.

EXERCISE

Exercises are important, but healing is more important and should always take precedence. For this reason it is important to do the exercises within the limits of the pain you may be experiencing. You can slowly increase your exercises as your discomfort decreases. Physiotherapy is not essential, but may be of value. The above is also applicable to your sport. You can start as soon as your discomfort allows you to participate. On average it will take 4-6 weeks before you are able to play sport.

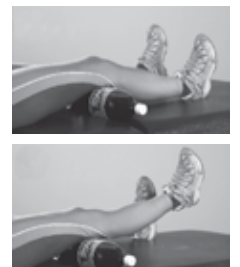
SUGGESTED EXERCISES

Non weight-bearing range of movement

This is important and should be started as soon as possible. Concentrate especially on knee extension, i.e. straightening the knee.

Isometric quadriceps strengthening

Lie with a 2 L plastic Coke bottle under your knee. Pull your foot towards you. Now, while pushing the back of your knee into the bottle, try to lift your heel off the bed by locking your knee. Hold this for 5 counts before lowering again. Repeat 10 times.



Calf raises

Stand with the feet flat or with the forefoot on a step or a telephone directory. Hold onto something with both hands and lift yourself onto your toes, keeping your knees straight. Repeat 20 times.



Cycling and/or swimming

If these options are available to you then start as soon as your discomfort allows it. Concentrate on taking load on the operated leg during these activities.

Walking and running

Depending on your discomfort, you can start walking and slowly progress to running. This will probably take approximately 6 weeks.