

Where can You get Help?

- You can call Tan Tock Seng Hospital Orthopaedic Clinic at 68894055/68894079 for an earlier appointment with your surgeon

Office hours:

Monday to Friday : 8 – 5pm

Saturday : 8 – 12pm

Sunday & Public Holiday: Closed

- After office hours, you are advised to seek treatment at the Accident & Emergency Department or go to your nearby Polyclinic or family doctor

Department of NURSING

Post-Operative Knee Arthroscopy Discharge Instructions



What Should You do After You Have Been Discharged From Knee Arthroscopy?

These instructions provide general information and advice on what you should do after you have been discharged.

Please note that these guidelines are not exhaustive and taking these precautions may help to reduce risks and complications after your surgery.

Do You Need to be on a Special Diet?

There are no restrictions to your diet and you may continue to eat as per normal.

How Should You Take Care of Your Wound?

- You need to keep the wound clean and dry.
- Removal of stitches will be on the 14th day after your surgery unless otherwise stated.
- Bulky outer dressings can be lightened 3 days after surgery.
- The inner dressing is waterproof and should be changed on the 3rd day after surgery and twice a week, thereafter. You will be given a letter to go to nearest polyclinic / GP clinic for a change of dressing.
- If your knee is swollen, apply an ice pack 3 times a day, each for a period of 15 to 30 minutes. Ensure that the ice pack is wrapped around your entire knee.
- After your surgery, the surgeon may order the application of a knee brace. You are required to put on the knee brace daily except when you are going to shower.
- Your follow-up appointment with the Occupational Therapist / Physiotherapist will be as instructed by the surgeon.

How Should You Take Your Pain Medications?

You are only required to take the prescribed pain medications when you feel pain. You are not required to take the medication if no pain is felt.

Please stop the medications if you are experiencing any of the following allergic reactions:

- Skin rashes
- Breathing difficulty
- Swollen eyes, lips or face

What are the Activities You can do?

- The surgeon will advise on your walking status after the surgery and you may need to restrict walking temporarily if required
- If you are allowed to walk, try to weight bear on a straight knee, then bend the knee easily to step through
- You should elevate your lower limb when resting

When Should You Seek Medical Attention?

- If your knee swells significantly or develop skin redness
- If the pain you are experiencing is not relieved after taking the prescribed medication
- If you have fever of 38⁰C and above