

Post-operative advice for Dr Vardi's patients following Arthroscopic surgery (including ligament reconstruction surgery)

Upon discharge you will have the following on your leg:

1. A white TED stocking on the operated leg. This is used to apply external pressure on the knee to prevent and reduce swelling and bleeding and can also play a role in preventing DVT (clots in the veins of the leg). It does this by compressing the deep veins of the calf muscle, thus emptying them in the direction of the heart.

This stocking should be worn until your first follow-up appointment with me, unless other advice has been given based on your individual case.

2. A white TED stocking on the **non-operated leg**. This stocking can be removed when you get home and kept as a spare. (Unless both legs have been operated on – in that case keep both TED stockings on, until your follow-up appointment – you can remove the stockings temporarily, for washing)



3. Thick white padding/rolls of crepe bandaging on the operated leg. This should be removed at 48 hours. Simply pull down the stocking and pull the padding out. It functions as a compression dressing and limits bleeding and swelling.

4. Small white "sticky dressings". These cover the arthroscopic portals or any other surgical wounds. These should remain on until your first follow-up appointment. They can be changed if they become dirty or hard, due to dry blood.

The ward staff should have supplied you with a few extra sticky dressings which can be used to change the old ones if necessary. The most appropriate time to change them is at 48 hours when the padding is removed. Some wounds leak for a few more days, in which case the dressings may need to be changed again. Only change them if it is essential. If they are only slightly stained and they are not worrying you then please don't interfere with them.

**NB. There will be no stitches to be removed.
NB. Don't interfere with the dressings for 48 hours.**

SOME BASIC POINTS

1. Don't submerge the wounds in water until I give you the go-ahead.
2. After 48 hours, when the pads are removed and the dressings are assessed, you can then shower or bath. If bathing don't submerge the wounds/dressings in water. If showering, wrap a few layers of glad wrap film around the knee area to prevent it from getting wet. Use elastic bands to make the glad wrap water tight above and below the knee.
3. 2 types of tablets will be given to you upon your discharge:

A. CELEBREX – this is an anti-inflammatory tablet to reduce swelling, which should be taken twice a day for 5 days until they are finished. Although these help for pain, they will not be given to you specifically for that purpose. If you have a history of stomach problems, or a sensitivity to anti-inflammatory, then these tablets may be omitted.

If you experience problems with the medication then please contact me to discuss this.

I hope this information is helpful. If you have any comments or feedback please do not hesitate to discuss them with me at your follow-up visit.

A handwritten signature in black ink, appearing to read 'G. Vardi'.

Dr G. VARDI FCS.SA.ORTH
Orthopaedic Surgeon



You're in safe hands

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B. STOPAYNE/STILPAIN – This is a painkiller and is quite strong. You may find that you only need this for the first day or two only. Move on to ordinary Paracetamol (Panado), if you still need something and the pain is not too severe.

Be careful of constipation – this medication contains Codeine which can constipate you. If you are prone to constipation, make sure you take something like Movicol or senecot/lactulose.

- All patients who have had keyhole or arthroscopic surgery will receive a recording of the operation, in the form of a cd. This should be kept for your record. If you have had an MRI scan or X-rays, then please keep it with all your other records, from me, in the X-ray envelope.
- Please make your follow-up appointment** with me for about 1 week, as discussed, unless we have decided on another date. The appointment can be made through the clinic secretary, **Carmen or Nellie. (011 328 0688)**
- If any problems occur in the post-operative period please contact me on: 082 775 6485**
- The physiotherapist on the ward will see you prior to your discharge. She/he will advise you about exercises that are appropriate for your case. If you are ready to leave and I have not seen you, the ward staff and physiotherapist will assess you and if you have met all the medical parameters you can go, without me reviewing you.

- Please try and reduce activities on your leg(s). This will minimise swelling, pain and possibly also side effects such as bleeding. When you arrive home after the operation, try and keep your leg up as much as possible for the first few days to a week, and “listen to your leg”.

Icing of the knee(s) as much as possible will also help to reduce the inflammation. Be careful not to burn the skin with ice packs, so use a dishcloth/towel.

At the follow-up appointment with me we will discuss the next phase of your post-op management, which will include activities, physio, return to work etc. we will also talk about the operation and my findings at surgery.

Please note that your outpatient physiotherapist is welcome to make contact with me at any time to discuss your case.

Notes:



I hope this information is helpful. If you have any comments or feedback please do not hesitate to discuss them with me at your follow-up visit.

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