

KNEE ARTHROSCOPY PATIENT INFORMATION

DISCHARGE INSTRUCTIONS

- Crutches are required post procedure.
Weight bear as tolerated with crutches until ambulating normally.
- Please arrange crutches prior to admission to hospital and bring them on the day of surgery.
- You will be prescribed Panadol (Paracetamol) and Celebrex (a non-steroidal anti-inflammatory) post operatively.
- Endone (a narcotic pain reliever) may also be prescribed- use this only if the other pain medication is not strong enough.
- Please ensure Mr Spencer is aware of any allergies and medications you are taking.
- 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, co-ordination or judgment for 24 hours following surgery.
- Remove bandages after three days.
- The small waterproof dressings can be left until your review appointment in the rooms.
- A review appointment will be given to you on discharge from hospital.

