Physiotherapy: YES...... NO.....

Outpatients:
- An outpatients appointment will be arranged as requested by your consultant.
- It is important that your child attends his/her outpatient appointment, so that we can monitor his/her progress.

Outpatient Appointment
............./............/......./
Time: ............

If you have any queries please do not hesitate to contact the Orthopaedic Team for advice on:

Tel: 01-4096040

Surgical Day Unit on:
Tel: 01 – 4282600 (Mon – Fri)

After Hours: Seek medical advice from your nearest hospital.

Remember: Ask your nurse if you are unsure about anything about your child.

Additional instructions

Developed by: Marian Vaughan CNF and Staff of Surgical Day Unit

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Knee Arthroscopy is a minor surgical procedure during which an arthroscope—a narrow tube with a light—is inserted into the knee joint. Your surgeon will carry out this procedure in the Operating Theatre and your child will have a general anaesthetic. It is usually performed as a daycase. An Arthroscopy can assist in detecting an injury, damage or defect within the knee joint.

**After your child’s Arthroscopy**

**Pain Relief**

- Local anaesthetic is usually given into the knee joint during the procedure to provide pain relief.
- Other pain relieving medications may also be given either intravenously through your Childs cannula or “Freddy” or rectally by the back passage.
- Your nurse will give you a pain relief leaflet explaining the times your child is next due pain medication.
- Pain relief should be given at regular intervals until your child is comfortable and pain free.
- Distracting your child with their favourite play may also help take their mind off any pain or discomfort.

**Wound Care:**

- On return to the ward, your child will have a pressure bandage on their knee. This bandage should remain in place for 48 hours, unless it becomes too tight or uncomfortable.
- The small dressing beneath the pressure bandage should remain in place for 5-7 days.
- After 5-7 days, you may remove this small dressing.
- Steristrips (paper stitches) are usually present under the small dressing. These will fall off themselves. If they are still in place after 14 days, you may gently remove them.
- Keep all dressings dry until they are removed.

**Signs of infection**

Please observe for signs of infection and seek medical attention if you are concerned. These signs include:

- Excessive pain in the wound area
- Swelling in and around the wound site
- Redness around the wound site
- High temperature
- Yellow discharge/oozing onto dressing

**Activities and Aftercare**

- Your child may walk as tolerated and avoid strenuous exercise as per your consultant’s advice.
- Your child should not attend school until they are comfortable walking
- Resume sports when advised by your consultant
- Avoid swimming until the wound is fully healed
- It is important that the exercises shown by the Physiotherapist are continued at home.
- Crutches required    YES......    NO.....