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)

Additional instructions

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

After Hours: Seek medical advice from your nearest hospital

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

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What is a Knee Arthroscopy?
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 child’s 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.....