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## PATIENT INFORMATION SHEET

# HOME CARE GUIDE FOR ARTHROSCOPY

After arthroscopy, you may experience problems with attention caused by the medications you received at the clinic. For the next 24 hours you should not drive a car, use complex technical equipment, make important decisions, or sign important documents. Do not use sleeping pills or painkillers except those recommended by your doctor. When you return home from the clinic, rest for the rest of the day.

### PAIN

You may experience pain for 1–2 days. Take pain relievers as recommended by your doctor. Do not drink alcohol while taking painkillers. Avoid taking medications on an empty stomach.

### EDEMA

During the first 2 days after surgery, try to rest as much as possible while keeping your limb elevated.

### BANDAGE

If the adhesive tape gets wet, replace it. It is also recommended to use an elastic bandage until you no longer feel discomfort in your knee.

### HOW TO WASH

You can shower 2 days after surgery. Try to keep the wound dry and change the adhesive bandage every time you shower. Do not take a hot bath or swim until your stitches are removed. Stitches are removed 10–14 days after surgery.

### EXERCISES

To maintain muscle tone, perform straight leg raises 100 times a day. Bend your leg at the knee joint so that there is no pain. Return to your usual intensity of movement gradually. Avoid squats or knee bending for 2 weeks. You can return to sedentary work after 2–3 days, and to physical labor after 3–4 weeks. You can partially return to sports activity 2–3 weeks after surgery.

### POSSIBLE PROBLEMS

Swelling and discomfort may persist in the knee area for several days. If there is severe pain in the joint, if the joint is hot to the touch, you have a fever and there is strong discharge from the wound within 48 hours, you should definitely consult your doctor.