

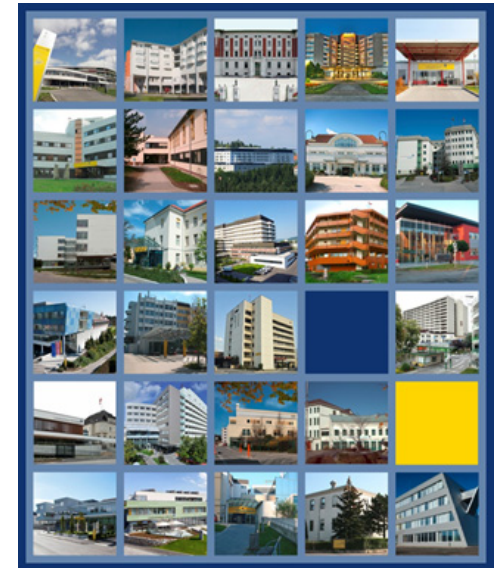
In the case of fever (temperature above 38 °C), redness, swelling or rashes in the affected area, you should visit a doctor or our outpatient clinic without delay.

We hope to have answered all your potential questions with this information and wish you a speedy recovery.

Your treatment team

Orthopaedics

Discharge information



Behaviour after arthroscopic knee-joint surgery or cruciate ligament surgery

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Knie-Arthroskopie

Dear Patient,

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department. The period after surgery is just as important as the surgery itself, therefore the following should be considered:

- Particularly in the first week after surgery, the affected leg should not be allowed to hang down for longer than 15 minutes at a time. **Elevate** the leg several times each day to prevent severe swelling of the knee joint.
- Generally speaking, the joint may still be somewhat swollen and a joint effusion may develop. In our experience, the swellings and joint effusion usually recede by themselves; **applying a cool/ice pack** several times each day can help with this. Sometimes however aspiration may be necessary.

- To **prevent thrombosis**, low molecular-weight heparin injections (Lovenox®, Fragmin® etc.) should be administered under the skin once a day for a period of at least four weeks . This should be by doctor's prescription only and continue until the leg is fully weight-bearing. The injection can be administered by the patient themselves or by a relative.
- Relieve the strain on the affected leg until the next outpatient check-up appointment by using two forearm crutches. The doctor treating you will provide you with more information about the extent of the additional strain being exerted; please follow their instructions.
- During your stay in hospital, you learnt some **physiotherapy exercises**. These should be continued after discharge (please arrange appointments with our physiotherapy team). The exercises will help to build up your strength and range of motion and contribute to reducing the swelling of the knee

joint. Some exercises also can be carried out independently, for improved treatment outcomes.

- If a **fixation splint** is prescribed, it must be worn until the scheduled outpatient check-up. The prescribed motion splint should be used several times a day as recommended.
- The **pain medication** prescribed by the doctor should be taken, even in the case of moderate symptoms, due to its swelling-reducing effect.
- The **stitches** will be removed after approx. ten days at your first check-up appointment.
- **Showering** is possible at any time provided that a waterproof dressing is used (available from the pharmacy). Full baths are not recommended for approx. 14 days after surgery.