

Patient information

Arthroscopy/knee keyhole surgery

An arthroscopy operation entails a keyhole opening in a joint and as this procedure takes place using a local anesthetic this means that you may eat and drink as normal prior to the surgery.

You should wash using **Hibiscrub** wipes (sold at your pharmacy) the day before the day of surgery and also the morning prior to surgery in order to reduce the risk of infection due to this procedure. These wipes are usually sold at most local pharmacies.

You will be given a tranquilizer tablet prior to the operation, but you will remain fully conscious during the entire procedure. You may feel tired or drowsy following surgery but this is due to the tranquilizers. It is recommended that you do not drive your car during the first 24 hours following surgery and as such it is advisable that you arrange for someone to pick you up after discharge. The total time at the clinic is approximately two hours.

It is important that you let us know whether you have any symptoms such as infections, sore throat or fever prior to surgery.

**If your appointment is not suitable please ring us immediately on: 042
– 24 27 70**

You are advised to rest your leg with the leg in an elevated position as much as possible on the day of surgery and also during the following day in order to minimise swelling, bleeding and thus slowing the healing process. Most patients are usually able to walk short distances and move about normally on day 3. Patients are normally

able to return to work one week following surgery. This procedure usually requires no sick leave from work whatsoever

You may experience some pain during the first day or so after surgery and therefore a prescription for painkiller tablets has been sent by electronic post to your local pharmacy. These can be obtained at the pharmacy of your choice and should be obtained prior to surgery.

Take the first tablet or tablets approximately one hour prior to surgery.

Continue to take these tablets after surgery according to the instructions included on your prescription.