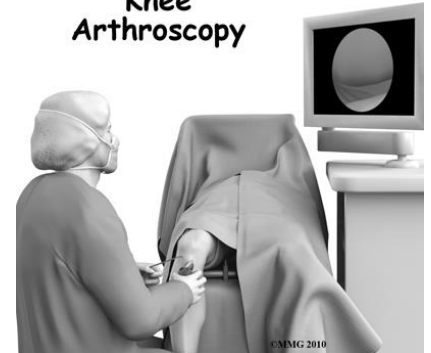


Arthroscopy or arthroscopic surgery is a procedure in which a surgeon explores the inside of your joint by using an instrument called an arthroscope. The arthroscope functions like a tiny TV camera, letting your surgeon see the inside of your joint on a screen.

**Knee
Arthroscopy**



After Surgery:

- You will have bandages or steri-strips over the incisions
- Your knee may be stiff or swollen
- Your knee will be wrapped in a tensor bandage

Recovery:

- Regaining your mobility will begin immediately following surgery
- The goal is to increase range-of-motion and regain full mobility
- You will be discharged from the hospital with a home exercise program. It's important that you do the exercises
- Gradually increase your activity/walking distances
- Check with your surgeon about any activities that you wish to do following surgery
- You may need help with groceries, driving, and yard work after surgery.

Important Reminders:

- Wear loose fitting pants or shorts the day of your surgery
- You will need to have Acetaminophen (Tylenol) extra strength (500 mg) at home to help with pain after your surgery
- You will need ice packs ready at home for your recovery

*** This flyer contains general information which cannot be construed as specific advice to an individual patient. All statements in the flyer must be interpreted by your personal Physician or therapist who has the knowledge of the stage and the extent of your particular medical condition. Any reference throughout the document on specific pharmaceutical products does not imply endorsement of any of these products. Please visit our website at www.nbrhc.on.ca