

MATTHEW B. HOWARD

M.B., B.S., (Hons) F.R.A.C.S. (Orth) F.A. Orth.A.

ORTHOPAEDIC SURGEON

Shoulder Arthroscopy, Reconstruction & Joint Replacement Surgery

Hip & Knee Reconstruction & Replacement

Knee Arthroscopy

Post-Operative Patient Information

Your knee arthroscopy operation will be a day surgery procedure. This is generally performed at the Calvary Hospital day facility, Calvary Hospital main theatres or the Riverina Day Surgery. You will be seen by Dr Howard prior to discharge from the unit. You may walk on the operated leg within the limits of pain. Crutches may be required but generally speaking this is not necessary. Unfortunately Calvary Hospital does not supply crutches. These can be hired from Blooms Pharmacy in the Sturt Mall, Baylis Street Wagga.

You will be given a script for analgesic medication prior to the discharge from the theatre complex. Please take the large bulky dressings off you knee after three to four days. The oversized band-aid dressings underneath these larger dressing should be left intact until seen by Dr Howard around about the 10 day mark following your surgery. This appointment will be made for you either at the time of surgery booking or direct from the facility on discharge. Please keep the wounds clean and dry until this time.

You should attempt to carry out 200 straight leg raises each day after your surgery. These are to be performed 25 at a time with a break in between. These exercises are performed lying flat, facing upwards, and lifting the leg in the air with the knee straight. Count to five and then lower the leg down slowly.

In general, most people are able to return to work as long as the wounds can be kept clean and dry two to three days following the surgery. Patients are encouraged to discuss return to work with Dr Howard at the time of booking for the surgery.

Please contact Dr Howard if there are any problems in terms of swelling, pain or redness etcetera. During office hours please contact the office on 02 6925 3707. After hours it is possible to contact Dr Howard directly via the Calvary Hospital on 02 6925 3055.