

After the following: meniscectomy, fold synovectomy, knee retinaculum removal, cartilage plasty, tarsal joint arthroscopy, shoulder arthroscopy and/or when there are 2-5 skin wounds, the following management procedures apply:

At the hospital

- Directly after the surgery patient must follow the recommendations of the anesthesiologist when it comes to standing up, eating or drinking.
- If you have a cooling gel compress, please put it on the treated joint (for up to 20 minutes) every 1-2 hours in the first 24 hours after the surgery.
- The patient is usually discharged one day after the surgery, unless the doctor decides otherwise. Before the patient is discharged, the bandages are changed and the drain is removed.
- Walking (weight bearing) after the surgery, depending on the kind of surgery, should be introduced when the operating doctor agrees.

Transportation home

- The patient may not drive. Recommended sitting position if the lower limb has been operated on: on the back seat with the leg lying straight.
- On the way home please make at least one stop, get out of the car and walk few steps using the crutches.

At home

- Walking and weight bearing – according to operating surgeon's recommendations.
- Placement, cooling and exercises – see: Post operative rehabilitation:
 - Individually adjusted exercises (explained by the doctor, instructed by a physiotherapist) should be done the day after the surgery and modified at every appointment.
 - If there're no exercises prescribed, please don't do any exercises at the early phase.
 - Going back to full motor activity (doesn't include recreational and sports activity) – no sooner than 4-6 weeks after the surgery and the check-up.
 - Hold your limb higher for the first 2 weeks (in a lying position we put a small cushion or a folded towel under the heel). Avoid standing and sitting with your leg down.
 - In the case of knee surgeries do not put any cushions under the joint! Always try to keep the leg straight (to prevent flexion contracture).
 - Use a stabilizer, a triangular bandage, as prescribed, when your upper limb has been treated.
- Change the dressing every 2 days. Clean the wound area with a disinfectant (i.e. betadine, can be bought at the pharmacy) and put a sterile dressing on.
- If you have a supporting dressing of the patella for example, put on the new

dressing EXACTLY the same way as it was before.

- If the dressing is clean after 7 days, leave the sutures open. Be careful not to dirty the wound area.
- Don't wet the wound before the sutures are removed – take a shower after you've wrapped the wound area with some foil or a special pad.

Drugs

- Antithrombotic drugs, antibiotics and/or analgesic drugs should be taken as prescribed by the doctor (in the discharge card); in most cases all the prescribed drugs should be taken.

Check-up

The check-up and sutures removal: 10-14 days after the operation. In order to arrange the meeting please call: +48 509 513 810.

CAUTION!

If you observe:

- Temperature above 37.5 degrees
- Reddening around the wound
- Severe pain ailments
- The sensation of painful „pulsation" inside the joint
- Headaches, dizziness, weakness

Please urgently call or send a text message at: +48 509 812 212 to doctor Malinowski.

If you have any doubts, please contact doctor Malinowski's assistant at: +48 509 513 810 or e-mail doctor Malinowski at: konrad.malinowski@artromedical.pl