

Dr Louis Shidiak

MBBS FRACS FAOrthA
B.Appl.Sc. (Physiotherapy)

Hip & Knee Surgeon
Joint Replacement
Hip Arthroscopy Surgery
Hip Preservation

specialtyorthopaed

Knee arthroscopy What to expect

First 24 Hours

- You may walk on the operated leg, within the limits of pain.

Day after surgery

- Remove the bulky white dressing on your leg, please leave the waterproof dressing in place.
- You may shower with this waterproof dressing on your wound. However, please ensure you do not have full force of water on your knee, taking care to gently and thoroughly dry the knee and dressing afterwards
- The waterproof dressing will be removed at your 1st post op appointment, **There will be sutures to be removed.**

Pain & swelling

- Each patient experiences different levels of pain. This is to be expected.
- Pain can persist for two to three days following surgery and can be relieved by elevating your leg and applying an ice pack. Apply ice packs (*15 minutes at any one time with a maximum of 5 times in the first 48 hours*). This will help relieve the pain/swelling you may be experiencing.
- Swelling may occur for sometime after your surgery, particularly at the end of the day. This will settle.
- If you experience pain and/or swelling in your calf, please contact the surgery or seek medical attention as soon as possible.

Bleeding

- On the odd occasion you may be experiencing some bleeding, if this occurs, please apply pressure, elevate the operated knee and ring the surgery or hospital immediately.

If you are concerned about your level of pain or have any other questions please contact Brooke on 9806 3333.

If after hours, please contact the hospital where the surgery was performed And they will contact Dr Shidiak on your behalf.

Hospital:	Norwest	The Sydney Adventist
Telephone:	8882 8882	9487 9111

Dr David Duckworth
Shoulder & Elbow

Dr Peter Gray
Hip & Knee

Dr Ali Gürsel
Hip & Knee

Dr Roderick Kuo
Foot, Ankle & Trauma

Dr Adrian Low
Shoulder & Knee

Dr Jun Nagamori
Sports Knee

Dr Nicholas Smith
Hand & Upper Limb

Dr James Sullivan
Hip & Knee

Dr Sunny Randhawa
Hip, Knee & Trauma

Dr Louis Shidiak
Hip & Knee

Dr Mohammed Babar
Shoulder, Elbow & Hand

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Exercise

Little & often is the principal behind the exercise programme outlined below.

Initially try to carry out a minimum 5 straight leg with heel lift raises, with a maximum of 25 being done at any one time.

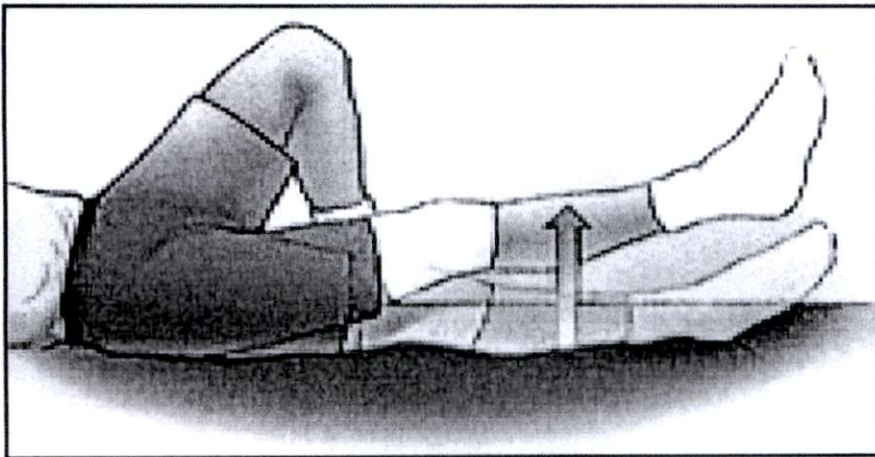
Manage what you can for the first few days, building in number each time you do them, until you reach the desired number. This helps to maintain the power and tone in your thigh muscle, which will help in the healing process.

Carry out **240 straight leg** with heel lift raises per day (25 at a time with a rest in between)

See diagram for details.

Straight leg raise with heel lift

Lie on your back and place a towel roll under your operated knee allowing it to bend 10° to 15°. Bend your opposite knee to protect your low back. Lift your heel in order to straighten your leg, then squash the towel with the back of your knee to set the thigh muscle. Once the leg is as straight as possible, lift the entire leg to the height of the opposite knee. Hold for 3-5 counts and relax.



If you are undergoing treatment with a Physiotherapist, this could be resumed 2 - 4 days after surgery.

You should avoid strenuous activity for approximately 3 weeks.

Post operative appointment

Please ensure that you see Dr Shidiak within 7-10 days following your surgery. If this appointment has not been made already, Please call 9806 3333

Time Date at the Clinic

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Shoulder & Elbow

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Hip & Knee

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Dr James Sullivan
Hip & Knee

Dr Sunny Randhawa
Hip, Knee & Trauma

Dr Louis Shidiak
Hip & Knee

Dr Mohammed Baba
Shoulder, Elbow & Hand