

Arthroscopy

Useful guidelines for your child's recovery at home

Activity

- **Lower limbs:** Follow the instructions provided by the surgeon and the physiotherapist. Your child will be able to walk on the leg, or they will be non-weight-bearing with crutches. When at rest, elevate the leg on one or two pillows with the heel off the end. This will ensure no added pressure is put on the heel.
- **Upper limbs:** Use the sling provided by the ward to keep the arm elevated and supported. Adjust the velcro straps so the arm is across the body at heart level. When your child is resting, elevate the arm on one or two pillows to limit swelling.

Your surgeon and physiotherapist will guide you with appropriate exercises to assist your child's recovery.

Wound care

Your surgeon will advise when to remove the dressings. Swelling around the affected joint is common – applying an ice pack for 20-30 minutes every few hours will assist with reducing inflammation and discomfort.

Showering and bathing is permitted. Ensure the dressing remains dry at all times – place a plastic bag over the dressing and secure with tape at the opening. Do not submerge the dressing in water.

Nausea and vomiting

Don't worry if your child vomits once or twice after the anaesthetic. If they vomit or feel sick, stop giving food for approximately one hour, then try again on a light diet. Most importantly, encourage plenty of fluids.

Discomfort

Your child may feel some pain or discomfort in the days following surgery as they start to move around more. Paracetamol will help with this.

Medications

- You can give your child paracetamol for one to two days if needed (ensure you follow correct dosage instructions for your child's age)
- Paracetamol can be given every four to six hours but no more than four times in a 24 hour period
- Give any other pain relief prescribed by your surgeon
- Ibuprofen can be given as directed by your surgeon (please note, this must be given with food)

Follow-up

Please contact your surgeon's rooms to organise a follow-up appointment, if you don't already have one.

When to contact your surgeon

Please contact your surgeon if your child has:

- A persistent temperature of 38.5°C or higher
- Pain unrelieved by regular pain relief
- Persistent bleeding, ooze, redness or swelling around the wound
- Poor blood supply or swelling in the fingers or toes:
 - Loss of sensation
 - Cool or very hot to touch
 - Dusky or grey in colour
 - Unable to move fingers or toes

A note before you leave the hospital

Please report to the reception desk in the foyer of the hospital before leaving to finalise any administrative paperwork.

Questions

If you have any questions or concerns, please don't hesitate to contact your discharge ward on the number below.