

Outpatients

An outpatient’s appointment will be arranged as requested by your consultant. It is important that your child attends his/her outpatient appointment, so that we can monitor his/her progress.

Outpatients Appointment
Date:
Time:



Remember: Ask your nurse if you are unsure about anything about your child’s care.

Additional instructions

Developed by Claire O’Byrne & staff of the Surgical Day Unit

Date of issue: April 2021 / Review Date: 2024

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Children's Health Ireland
at Crumlin



Information for
parents / carers
of a child
following
Arthroscopy of
the Knee



Children’s Health Ireland at Crumlin

Phone: 01 409 6100

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What is a Knee Arthroscopy?

Knee Arthroscopy is a minor surgical procedure during which an arthroscope - a narrow tube with a light, is inserted into the knee joint. Your surgeon will carry out this procedure in the Operating Theatre and your child will have a general anaesthetic. It is usually performed as a day case. An Arthroscopy can assist in detecting an injury, damage or defect within the knee joint.

After your child's Arthroscopy Pain Relief

- Local anaesthetic is usually given into the knee joint during the procedure to provide pain relief.
- Other pain relieving medications will be given to your child during surgery.
- Your nurse will give you a pain relief leaflet explaining the times your child is next due pain medication.
- Pain relief should be given at regular intervals until your child is comfortable and pain free.
- Distracting your child with their favourite play may also help take their mind off any pain or discomfort.



Wound Care

- On return to the ward, your child will have a pressure bandage on their knee. This bandage should remain in place for 48 hours, unless it becomes too tight or uncomfortable.
- Your child may have a brace on the knee that will be applied in theatre. It is called a Donjoy brace. If your child has one of these applied the Physiotherapist will discuss the management of this at home before you leave.
- If your child needs crutches, the physiotherapist will see your child prior to discharge.
- The small dressing beneath the pressure bandage should remain in place for 7-10 days.
- After 7-10 days, you may remove this small dressing.
- Steristrips (paper stitches) are usually present under the small dressing. These will fall off themselves. If they are still in place after 14 days, you may gently remove them.
- Keep all dressings dry until they are removed.



Signs of infection

Please observe for signs of infection and seek medical attention if you are concerned.

These signs include:

- Excessive pain in the wound area
- Swelling in and around the wound site
- Redness around the wound site
- High temperature
- Yellow discharge/ oozing onto dressing

