



Knee Surgery Frequently Asked Questions

Can I still take my medications before surgery?

Many of the most common medications should be taken as routine prior to surgery. The following medications require special management: Warfarin, Xarelto, Apixaban, Dabigatran, antidiabetic medication (see below) and some powerful immune therapy medications.

I'm diabetic, should I take my insulin or medication on the day of surgery?

Careful management of diabetes and blood sugar is very important around the time of your surgery. Often Mr Wilkinson will ask a diabetes specialist to help managing your blood sugar before and after the surgery, some of the new tablet medication for diabetes needs to be stopped prior to surgery.

When can I remove my dressings?

This depends a little on the surgery and your dressing type. In general, for joint replacements, the dressing can be left in place for 4 weeks, for most other operations 2 weeks is adequate. Mr Wilkinson will usually remove the dressing and check your wound at your post-op review, however if you have any concerns, please contact our rooms.

Can I get my leg wet?

You will have waterproof bandages covering your wound. You can shower straight away however you should avoid baths and swimming pools until your wounds have healed completely.

My leg is swollen and painful. Do I need to be worried?

Swelling above the knee and around the surgery site is common post-surgery. Pain in the shin is normal and will settle with elevation and icing. If your pain is in the calf make sure the Tubigrip is not too tight and try elevating your leg to relieve the discomfort. Apply R.I.C.E principles – rest, ice, compression and elevation to help

minimize pain and swelling. If you feel that your symptoms are not improving over the course of 24hrs please contact our rooms.

Who should I contact if I require further pain relief?

Some pain after knee surgery is expected, often a knee after joint replacement will still be very sore up to 4 weeks after the surgery. It is important to take painkillers and continue with your exercises. If you find the pain is not improving or is not responding to the painkillers, please contact us or your GP.

There is a lot of bruising, is this normal?

Bruising is normal. Some patients may experience more than others, and it may not appear until after a week after surgery. It may also move down the leg and into your foot due to gravity.

When can I return to driving and work after an arthroscopy?

You can drive whenever you are comfortable to do so. The aim is to be able to break suddenly if you need to. You may also want to check with your car insurer as there may be restrictions post-surgery.

When you return to work will depend on your job. Sedentary roles may be able to return as soon as 4-5 days after surgery. Manual or heavy work may be up to 2 weeks minimum, and you may only be able to return to light duties for a period.

Why has my knee begun clicking after surgery?

Clicking in the knee after arthroscopic surgery is often related to weak quadriceps muscles, which is common in knee surgery patients. The clicking should settle as your strength returns.