

Chondroplasty (Expectations)

Aim

Chondroplasty is where the articular cartilage (shiny white gristly) on the ends of the bone is smoothed. Damage is rated from normal (Grade 0) to arthritis (Grade 4). Smoothing it helps to stop it catching within the joint and causing more damage.

Physiotherapy

Before surgery it is important to help with strength and range of movement. You will also learn the exercises that you will do after the surgery.

After surgery it is vital to:

- Reduce pain and swelling
- Restore full range of movement
- Restore normal muscle tone and strength
- Progress to a return to normal daily activities (often takes 12 - 16 weeks)

Crutches

These are not normally required. Exceptional cases require them for a few days.

Wounds

The large dressing should be removed after 24 hours and replaced with small sticky dressings. The stitches will be removed after 7 days. You will see Mr Lavender in clinic after 2 weeks

Painkillers

Painkillers are put into your knee at the time of surgery and last 6 – 8 hours. Begin taking other painkillers as soon as the sensation starts to return to your knee. Continue for a few days before you should be able to gradually stop them.

Driving

Is allowed after 24 hours providing you can do an emergency stop.

Work

Rest for 1 to 2 weeks is advisable.

Kneeling

Can be done when you feel able

Flying

Should not be done for 6 weeks due to the risk of blood clots in your legs.

Sport

Impact sports are best avoided for at least 12 weeks.