

Loose Body Removal (Expectations)

Aim

Loose bodies within the knee are made from articular cartilage and bone. Because of the way that they get their nutrients from the fluid within the knee joint they can grow with time. Removing them stops them catching within the knee and causing it to “Lock”. Often they require a larger cut in the skin to remove them than those usually used for arthroscopies.

Physiotherapy

Before surgery it is important to help with strength and range of movement. You will also learn the exercises 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 4 - 6 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 at 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 4 – 6 weeks.