

# DR FRED NOUH

M.B.B.S FRACS (Ortho)  
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## Orthopaedic Surgeon

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## Post-operative Protocol

### Knee arthroscopy patients

Analgesia, circ obs, weight bear as tolerated, home when comfortable. Allowed home the same day

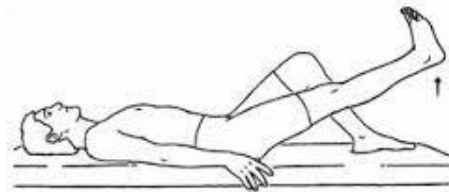
Follow up in my rooms in two weeks. Need to remain off work for 1-2 weeks depending on type of work performed manual or non-manual worker

Keep wound dry at all times. Leave waterproof dressing intact until appointment with Dr. Nouh in two weeks. If dressing comes off, patient to see GP for wound check. To reduce pain, reduce the swelling by elevating the leg and applying ice for 30 minutes at a time

Physiotherapy can start immediately including range of movement exercises and muscle strengthening.

### Exercises to do post op at home

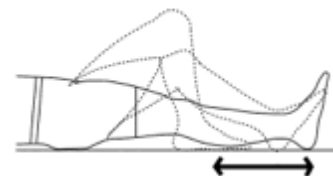
#### 1. Straight Leg Raise



#### 2. Ankle Pumps



#### 3. Heel Slides



#### 4. Quad sets

