

Orthopaedics - Knee Arthroscopy

Introduction

While you are waiting for surgery, there are some things you can do to prepare and to keep yourself as healthy as possible.

You can find more information about knee arthroscopy on our website.

<https://www.roh.nhs.uk/patient-information/knees/27-225-knee-arthroscopy-adults-v1/file>

Guidance for Patients

There are three main things you should keep in mind:

1. Keep as active as possible – discomfort in stiff and painful joints can of course make this more difficult, but keeping your joints moving, a little and often helps reduce stiffness and prevent your condition worsening. Even at this stage, you can improve and now is a good time to practise the exercises that you will restart after the operation to retrain the joint.
2. Keep on managing your body weight –being overweight contributes to knee pain. Do your best to watch what you eat and manage your portion sizes.
3. Keep on top of your other health problems – it can be harder to cope with knee pain if you have other health problems, so make sure you are managing these other problems as well as you can. There are some medical conditions such as diabetes and high blood pressure that particularly need to be well controlled before planned surgery.

What should I do if my health is deteriorating?

If any other health problems, such as diabetes, hypertension (high blood pressure) or depression, are getting worse, we would suggest you make an appointment to see your GP so that these problems can be addressed prior to your surgery.

If you feel your pain is getting worse or your ability to do day-to-day tasks is deteriorating, please contact your surgical team and let them know about what is going on. They may want to re-assess options with you and may be able to offer advice.

Contact Us

Individual orthopaedic surgeons contact details can be found on the link below.

<https://roh.nhs.uk/about-us/our-team/category/large-joints>

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My Planned Care Patient Information Platform

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This information has been reviewed and approved by
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The Chair of Shared Decision Making Forum June 2022