

Mini-arthroscopy: aftercare (Engelse vertaling)

This folder provides information about the aftercare for a mini-arthroscopy.

Today you underwent a mini-arthroscopy of your knee or ankle. In this folder we will advise you about the aftercare at home. We also provide information about what to do if you experience problems related to the procedure.

This mini-arthroscopy was performed byat - - 20



Patient sticker here

Stiffness of the joint

To visualize the joint in an optimal way, we injected fluid in your knee or ankle. The rinsing of the joint causes the joint lubricant to be of less quality the first days after the arthroscopy and thus causes stiffness. Nevertheless, you can use the joint as usual. The amount of strain you can put on the joint depends on the amount of complaints you experience after the procedure. These complaints, like stiffness, pain and swelling, should resolve within two to three days. If you experience pain after the examination, we advise you to take an over-the-counter painkiller (like paracetamol).

Aftercare for the wound

After the procedure the joint is dressed with elastic stocking. This has to be removed before bedtime. For the incision made you got one suture. This suture does not dissolve spontaneously and has to be removed by your general practitioner within seven days after the mini-arthroscopy. You will also receive a letter from us for your general practitioner. You can remove the plasters by yourself in seven days.

We advise that the wound should not be exposed to moisture within the 24 hours after the procedure. Afterwards, you can take a shower as usual. Additionally, it is advised not to soak the wound (for example take a bath, go swimming, or go to the sauna) for up to 7 days.

What to do in the case of problems?

If the pain gets worse, you develop a fever, the wound gets infected, or you have other complaints or questions related to the procedure, please contact the department of Rheumatology and Clinical Immunology of Amsterdam UMC, location AMC. You can contact us 24 hours a day and seven days a week.

Telephone number office hours: 020-56 67765

Telephone number evenings/nights/weekends: 020-56 69111 (ask for the rheumatologist in attendance)