

## Care of a Child following an Arthroscopy and/or Menisectomy—advice for Parents/Carers/Guardians

This leaflet provides information to help you look after your child or the child in your care following an operation on their knee.

Your child will be discharged from hospital when medical and nursing staff are satisfied that they have recovered sufficiently from the anaesthetic.

The leg that has been operated on will be covered in bandages (a pressure dressing). There will be some soreness at the operation site. When you get home, your child may still be sleepy and should be given the chance to rest quietly. The leg should be rested and elevated. Within the first 24 hours it is important for them not to:

- Ride a bike, drive or operate machinery.
- Stand for long periods.
- Make important decisions or take examinations, as concentration may be impaired and they may feel drowsy.

### Eating and drinking

Your child may eat light food after the operation, nothing too greasy and should avoid fizzy drinks.

### Pain

If the operation site becomes uncomfortable then give a dose of children's paracetamol such as Calpol®, and/or children's ibuprofen appropriate to the age of your child. This may need to be repeated according to the manufacturer's instructions. Additional pain killing medicines may be supplied by the hospital and should be taken as taken on the packet.

### Hygiene

A shower may be taken after the pressure dressing has been taken off. A bath may be taken when all stitches have been removed. Please make sure the water in the bath is below the wound to prevent it becoming wet and breaking down.

### Exercise/activity/return to school

Your child may be sent home with crutches and the physiotherapist will teach them how to use them. Over the next few days activity and mobility can be increased until normal. Avoid strenuous activity, sport and vigorous exercise for two weeks. Start exercises as recommended by the doctor or physiotherapist. Your child may return to school after two weeks or when they feel ready.

### Wound healing

Your child may experience some tingling, numbness, slight hardness, pulling or soreness around the operation site. This is normal but if there is any increase in pain, discharge, redness or inflammation or if you are concerned please contact the appropriate person, as listed below.

- The pressure dressing will be removed approximately ..... days after your procedure.

- Under the bandages, the wound is usually covered with a dry dressing.
- If your child has stitches these need to be removed approximately one week after the operation. This can be done by the Paediatric Community Nurse at home or by your GP or Practice Nurse.
- If your child has dissolvable stitches then these do not need to be removed as they will dissolve naturally.

Nursing and medical staff will tell you whether stitches need to be removed or are dissolvable.

## Further information

Conquest Hospital - Kipling Ward	Tel: (01424) 758039
Eastbourne DGH - Friston SSPAU	Tel: 0300 131 0556
Paediatric Community Nurses - Conquest:	Tel: (01424) 758054
- Eastbourne:	Tel: 0300 131 4500 Ext: 3849

Own GP or Practice Nurse.

If unable to contact any of the above phone NHS 111.

## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

**If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.**

**Tel: 0300 131 4500 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

## Reference

Your Child's Anaesthetic - Royal College of Anaesthetists and Association of Paediatric Anaesthetists. The following clinicians have been consulted and agreed this patient information: Miss Scarlett McNally, Orthopaedic Consultant, Elizabeth Vaughan, Ward Matron, Friston.

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Responsible clinician: Caroline Stephenson, Practice Educator