

INSTRUCTIONS AFTER KNEE ARTHROSCOPY

1. Let the limb stretched (do not bend, rotate the limb; you can underlay your leg from the hip to heel to get it into elevated position).
2. Ice your knee (frozen gel bags, bags with frozen vegetable).
3. Do not remove the bandage. However, if the bandage is too tight and strangling, release it (do not touch the sterile squares under the bandage).
4. Keep the resting regime (incapability for work).
5. Train the limb (pull and extend it in the ankle - heel x toe) or other moves **but only moves recommended to you by your doctor or physiotherapist!**
6. **After your discharge** on the day of the surgery consume only light, non-irritant food till the end of the day.
7. **Medication:** a) 1 pill of Diclofenac per day, b) use Tramabene drops only in case of pain, **maximum** of 40 drops 4 times per day, c) Zibor injection (or Fraxiparin) – apply **1 injection per day** starting the next day after the surgery (in lower limb surgery), (you got 1 injection at the operating room right before the surgery). Use all injections that you get!!! Apply the injections subcutaneously at the abdomen once per day approximately in the time of the surgery so that there is a 24-hour interval between each application.
8. If your doctor prescribed other medications to you, use them as indicated by the doctor who prescribed them (e.g. Anavenol, Detralex, Aescin, Brufen, and others).
9. Walk with crutches (time interval is set by your doctor).
10. If you experience body temperature exceeding 38.5 °C, strong pain, please contact your orthopaedic surgeon as soon as possible or visit orthopaedic department at the nearest hospital and take **your discharge summary** that you received at discharge.

PLEASE, READ THIS INFORMATION CAREFULLY

How to apply ZIBOR injection?

Follow these steps:

1. Wash your hands thoroughly and sit down or lay down into a comfortable position.
2. Choose an area near your waist, at least 5 cm from the belly button and existing scars or bruises and thoroughly clean this skin area.
3. Apply the injection into a different point each day, e.g. one day on the left side, the other day on the right side.
4. Remove the cover of ZIBOR needle.
5. To keep the needle sterile, ensure it does not touch anything.
6. Pre-filled syringe is now ready to be applied.
7. Do not squeeze the air bubbles by syringe piston before application because medication could be lost. (Air bubble is not a problem with the subcutaneous route.)
8. Hold the syringe in one hand and carefully squeeze cleaned skin surface with your thumb and forefinger of the other hand to make a skin fold.
9. Inject the needle, in its entire length, in the upright position (at 90° angle) into the skin fold.
10. Push the plunger forward and hold the skin fold in given position for the entire time of injecting.
11. Remove the needle moving perpendicularly upwards and release the skin fold.
12. Do not massage the skin in the needle mark to prevent development of bruises.
13. Never put the needle cover back onto the syringe.
14. Waste the syringe (needle first) into a bin for sharps, close the bin cover and put it out of the reach of children.