**Knee Arthroscopy – Mr Gordon (NHS)**

Antibiotics: None, unless meniscal repair

Tourniquet: Thigh, Kimberly – Clarke blue wrap, sealed with Leukoplast, sterile 6 inch Esmarch, 250mmHg once draped and all instruments set up

Position: Supine, calf pumps (no sandbag), no stool

Supports: Side support by tourniquet

Skin Prep: Alcoholic Chlorhexadine (including foot)

Drape: Table cover, extremity drape, utility drape (wrap foot), stockinette, 6’’ crepe

Scope: Knee scope

Equipment: Sterile 6 inch Esmarch

Blades: 1 x #11

2 x 3L cold saline set 100cm above knee on drip stand, free drainage, chamber giving set  
Knee shaver with foot pedals + suction tubing

3.5mm Cuda (Conmed)

Arthroscopic instruments (on standby)

Sutures: 3/0 Monocryl (MCP 3213H)

½ “steristrips, cut in half

Local anaesthetic: Max dose 0.5% Marcaine (ask anaesthetist)

20 ml syringes, 18G spinal needle

Dressings: Tegaderm / Opsite

6” Velband

6” Crepe bandage

Post op: Full weightbear, full range of motion, day case after physio review

Clinic 2/52 for wound check