

Post-Operative Instructions: Knee Arthroscopy with Meniscus Repair

You are recovering from arthroscopic knee surgery. The following information is to help make your recovery as smooth and rapid as possible.

- 1) Keep your knee elevated as much as possible. Elevate your operative leg for the first 2-3 days so your knee is higher than your heart whenever you are resting. You may get up to use the bathroom and to eat meals, but the more you elevate your leg, the less you will swell, bleed, or have pain.
- 2) Keep your dressing on for at least 48-72 hours. Do not get it wet. After you remove the outer dressing, you can shower and put Band-Aids over the incision. Do not soak or submerge your incisions until cleared by your provider.
- 3) Post-operative bleeding is not unusual. Reinforcing your dressing is all right. If you have concerns about the amount of bleeding, please call.
- 4) Use your cold therapy unit or ice packs as directed until you are seen in the office. Place a thin dish towel or wash cloth between ice in her skin.
- 5) Use crutches to ambulate. Depending on the type of repair he had you may be nonweightbearing or touchdown weight-bearing. Make sure to confirm restrictions with your surgeon. You can put your foot down for balance, but do not transfer any weight onto your operative leg. Remember that surgery will cause your thigh muscles to be weak, so take your time and be safe.
- 6) Your post-operative therapy begins on the day of surgery. Initially you should perform ankle pumps (up and down motion), straight leg raises, thigh isometric contractions, and knee range of motion. There is no limit to the amount of these exercises you may do. No therapy should cause sharp pain. Stop all activities that cause this kind of pain.

- 7) Post-operative pain is common, but should be controlled by the prescriptions given to you. Do not mix alcohol and prescription pain medications. Your need for prescription pain medication should decrease after 3-4 days, and you should begin taking your usual over-the-counter pain killer (Advil®, Tylenol®, aspirin), as needed. Be sure to take your antibiotics or other medications as prescribed.

- 8) If you have any unusual problems; increased pain after the first 3-4 days, a temperature over 101.5°F, unusual rashes, circulation or sensation problems, or any other problem, please call our office at (607) 734-4110.

- 9) Do not drive until you feel completely safe and able to handle the vehicle. You should not drive while taking prescription pain medications.

- 10) You will be seen in the office 7-10 days after surgery for follow-up. If you have any questions or concerns, please call us at (607) 734-4110.