



Post-Operative Instructions: Meniscus Repair

Brace:

The knee brace given to you immediately after surgery must be worn while walking and sleeping in locked extension (i.e. with your knee FULLY straight). You may take the brace off when doing physical therapy exercises. Brace hinges should be at the level of the kneecap. You may loosen or tighten the brace straps as necessary, but it should be snug. You will need to wear the brace for about 4-6 weeks. Your physical therapist and your surgeon will help determine when the brace may be unlocked to allow your knee to bend while walking. Do not attempt this on your own.

Showering: You may shower 48 hours after surgery. Please use CAUTION!! Be careful not to slip and fall. The effects of anesthesia and/or medication may make you drowsy or light-headed. Do not submerge your sutures (stitches) in a bathtub, hot tub, or pool until the doctor tells you it is O.K. to do so. Once you are done showering pat the wound dry and apply fresh Band-Aids.

Dressing: Remove all cotton and gauze 48 hours after your surgery. You do not need to put a new dressing on your wound; place Band-Aids on each stitch (suture).

Cane: You may weight bear as tolerated/walk on the leg as you feel comfortable and may use a cane as needed for walking. Remember that the cane goes in the opposite hand. Most people use it for 2-3 days following surgery as needed.

Ice and Elevation: You can ice the knee to reduce swelling and discomfort. Do not ice the knee more than 20 minutes at a time. Let the knee warm up for about 20 minutes before reapplication. When you are not walking your leg should be straight with a pillow under your foot or ankle (not behind your knee). Try to elevate knee as much as possible to reduce swelling.

Physical Therapy: Start physical therapy 2 days following surgery. You should have been sent home from surgery with a prescription and can bring this to any physical therapist.

Follow-up visit: You need to see the doctor about 7-10 days following surgery for your first post-op visit. At that time your sutures (stitches) will be removed.

Common Concerns: Bruising and/or swelling of the knee, ankle, or foot are common after surgery. To relieve this discomfort it is best to ice and elevate the knee.

Please call if:

1. If at any time you have discomfort, hardness, swelling, or redness in the calf (behind the leg between the knee and the ankle) please call the doctor immediately.
2. Any oozing or redness of the wound, fevers (>101.3 degrees F), or chills.
3. Any difficulty breathing or heaviness in the chest.

REMEMBER - these are only guidelines for what to expect following arthroscopic knee surgery. If you have any questions or concerns please do not hesitate to call the office.