

Post-operative Care following Knee Arthroscopy- Meniscus Repair

You will be seen in the office for your first post-operative visit 7 to 10 days from your surgery. This appointment is often made when you book your surgery date. During this visit, you will be shown your intra-operative pictures, detailing the pathology in your knee. Your incisions will be checked and you will likely be given a prescription to begin physical therapy at this time. **If you are unsure of, or need to schedule, an appointment, call (516) 622-6040.**

WOUND CARE

You will have two small incisions on your knee following surgery. Your incisions will be covered with gauze, padding and an ACE bandage. It is important to keep the surgical site as clean and dry as possible. You will remove this dressing 48 hours following surgery (If you had surgery on a Monday, the dressing would come off on Wednesday). In order to visualize the structures of your knee during surgery, fluid is placed into the knee joint. Often times, the fluid can leak out onto the dressing. This should be no cause for alarm. The white Steri-strips should be left in place and will be removed at your first visit. The sutures used to close your incisions are absorbable and do not need to be removed.

You may shower following removal of your bandage. You should not put any soaps, lotions or ointments on the incisions. You may allow water to run over the incisions, which should be patted dry immediately after showering.

PAIN MANAGEMENT

You will be given a prescription for pain medication following your surgery. Understand that this medication may hinder your ability to drive. It is important to avoid drinking alcohol in combination with this medication.

Icing your knee with an ice pack or bag of frozen vegetables will help with pain and inflammation following surgery. You may want to do this for a few days. Ice may be applied to the knee for 20 minutes at a time, a few times per day. There should be a towel placed between the ice bag and the knee to avoid any skin irritation.

ACTIVITY

In most cases, unless told by Dr. Neri otherwise, it is not necessary to use or need crutches after meniscus repair surgery. Crutches/cane may be provided in the recovery room for the first day or so until comfortable. You however will need to wear a brace locked when ambulating for the first six weeks. As opposed to a meniscectomy (shaving of the meniscus), after a meniscus repair there are typically range of motion limitations of 0-90 degrees for the first 6 weeks after surgery. You should limit your activity for about one week, however, you may drive as soon as you would like as long as you are not using pain medication and feel your reaction time has normalized.

During the first week after surgery, you will utilize a CPM (continuous passive motion) machine that will aid in restoring your ROM (range of motion) from 0-90. This is

beneficial when utilized at least twice/day for 2 hours at a time. Physical therapy will typically start after the first postoperative visit

Most patients feel comfortable enough to return to work by one week following surgery. Your return will be dependent on your job responsibilities.