

Meniscal Repair Post-Operative Instructions

1. Keep your leg elevated for 48 hours after your surgery on two pillows. You may walk to the bathroom with Knee Immobilizer and crutches. You may touch down on your leg with Knee Immobilizer and crutches as tolerated. You will be wearing the knee immobilizer and using crutches for 4-6 weeks after your surgery. No knee bending/flexion until further instruction.
2. Remove the dressing on the third day after surgery. Cover incisions with Band-Aids or a gauze pad and re-wrap your leg with the ACE bandage. Continue to use wrap until swelling is gone. If you have Steri-strips on your incisions, leave them on until they fall off on their own or remove in 10-14 days.
3. You may shower on the third day after surgery. Pat knee dry and continue with Band-Aids/wrapping as needed. No soaking or swimming.
4. After removing initial surgical dressing on the third post-operative day, you may apply ice to your knee for 20 minutes at a time every 2-3 hours. Begin ankle pumps and straight leg raises on the day of surgery with your immobilizer on.
5. You will not be able to safely drive at this time.
6. You will be given a prescription for pain medication and an antibiotic after surgery. (Unless there is a penicillin allergy)
7. If you do not have a post-operative appointment or have any questions or problems, please call the office during regular office hours.
8. Physical therapy will begin 4-6 weeks after your surgery.
9. You may take Colace twice/day while on pain medication to prevent constipation.

