

Post-Operative Instructions

Knee Arthroscopy & Meniscal Repair

Activity

- Do NOT place weight on your operative leg (ie. **non-weight bearing**), you should use crutches for assistance. You should wear your knee brace at all times.
 - **Never walk without your knee brace and crutches.**
- Avoid strenuous activities including prolonged standing/walking.
- Elevate your operative knee on 2-3 staggered pillows for the first 72 hours. To reduce swelling, your knee and foot must be elevated above the level of your heart.
 - **It is important that the pillows start at the top of your thigh.**
- Formal physical therapy will begin after your first follow-up visit.
- It is recommended that you move your ankle throughout the day to minimize the risk of postoperative circulation complications.

Pain Control

- Apply ice to the knee for 15 minutes as often as every hour. You may continue this for as many days as you like.
- You have been prescribed a pain medication that contains a narcotic. Do not drink alcohol, drive a car or operate heavy machinery while on this medication.
 - Do NOT take Tylenol (acetaminophen) while on this medication as it may cause an overdose.
- You may take anti-inflammatory medications such as Ibuprofen or Naprosyn (with food) in addition to the pain medication.

Wound Care

- **Do not remove your surgical dressing. Keep it clean and dry.** The dressing will be changed during your first follow-up visit.
- Sponge baths with assistance are recommended.
- You may experience slight bruising and swelling to the operative leg.

Follow-up Appointment

- Your follow-up appointment should be 10-14 days after surgery, please call the office if you do not have an appointment. We will review the findings from your surgery and remove your sutures during this visit.
- Please call the office with any questions or concerns, or if you experience any of the following: fevers (greater than 101°F), chills, increased swelling, pain, redness or increasing drainage at the incision.