

Meniscectomy Medial or lateral

Incision Care:

- Remove big bandages 2-3 days after surgery but keep steri-strips on the incisions. You may shower normally at this time and allow steri-strips to fall off on their own. It is not necessary to keep incisions covered after this.
- No soaking of the incision until full healing, typically 6 weeks. This means no baths, jacuzzi, lakes, rivers, swimming pools, etc.

Restrictions:

- You may require crutches for a few days but are weight bearing as tolerated unless otherwise specified. Avoid high impact activities such as running, jumping, and twisting or pivoting movements

Ice/elevation:

- Swelling of the knee should be expected.
- Elevate the knee to heart-level with pillow under the calf or foot. Do not put anything underneath the knee.
- You may leave the ice on for 20 minutes at a time, each hour throughout the day. o If the calf becomes painful to touch or the lower leg becomes red, hot, and swollen, call our office immediately

Returning to work or school:

- Sedentary desk jobs or those who work from home may return 2-4 days after surgery. Physically demanding jobs that require extended periods of walking or heavy lifting may expect to return full duty 4-6 weeks. Return to light duty is an option if available. Returning to school is possible as soon as pain is controlled and student is able to tolerate it.

Red Flags: These are reasons to contact the office immediately

- Fever of greater than 100.4 F, pus or continuous bleeding from the incision site
- Uncontrolled nausea or vomiting, lack of bowel movement 4 days after surgery
- Inability to move your leg more than 48 hours after surgery
- Unusual shortness of breath or chest pain