

Meniscus Repair

Medial or lateral

Incision Care:

- Remove big bandages 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.
 - Stitches are under the skin and will not need to be removed
- No soaking of the incision until full healing, typically 6 weeks. This means no baths, jacuzzi, lakes, rivers, swimming pools, etc.

Restrictions:

- You will be **non-weightbearing for 6 weeks with crutches.**

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.
- **If the calf becomes painful to touch or the lower leg becomes red, hot, and swollen, call our office immediately**

Physical Therapy: This is the most important part of your recovery and requires daily exercises at home as well as with a physical therapist during the week.

- This should **begin 7-10 days** after surgery, unless otherwise specified by your surgeon. **Please have this scheduled prior to surgery to avoid any lapse in your recovery.**
- Most patients are in formal therapy for **6-12 weeks after surgery**

Miscellaneous:

- Driving
 - It is NOT recommended that you drive while taking narcotic pain medication.
 - If we have operated on your right knee, it will take 6 weeks on average before you may drive.
 - If we have operated on your left knee, it will take 2 weeks on average before you may drive.
- 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 6-12 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.
- Return to sports
 - You may begin jogging 3 months after surgery.
 - Full return is typically 4-6 months post operatively.

Red Flags: These are reasons to call 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