

MENISCAL SURGERY

This will be an outpatient surgery; you should go home the same day. Please refer to the St. Luke's binder for instructions on pre-operative preparation. Bring your surgery binding and brace and/or crutches (if needed) to surgery with you. Please wear loose fitting clothing to fit over your knee brace.

Post-Operative Instructions:

- If your meniscus was repaired you may not bend your knee past 90 degrees and you may not put any weight on your leg!
- Keep your dressing clean and dry until your follow-up appointment.
- Keep your TED hose stocking on at all times. You may remove the TED stocking on the non-operative leg upon arriving home but keep this stocking to wear if the other stocking becomes soiled and you need to wash it.
- Apply ice at 20 minute intervals (keep your incisions dry; put a cloth between the ice and your incisions once the dressing has been removed).
- Keep your leg elevated (“toes above the nose”) as much as possible. Sitting/standing upright will cause swelling and may delay your recovery.
- You may remove your dressing and shower 3 days after surgery. Do not remove the steri-strips over your incisions. Do not soak your incisions in a bath or any other body of water.
- Use crutches when walking or standing. Your weight bearing status and crutch usage may vary depending on your surgery. This will be further clarified at the time of surgery by Dr. Tony.
- Take the pain medication regimen as directed. Try to wean off all narcotic medications as soon as tolerable. Stay well hydrated.

Exercises: Perform 5 times daily, 10 sets of each exercise:

With Brace (if you have a brace):

1. Isometric quadriceps exercises (“quad set”)
2. Straight Leg Raises
3. Heel slides (“knee bends”)
4. Calf pumps

Without Brace:

1. Knee extension (put a rolled towel under heel or lower calf; do not put a roll under your knee). For optimal results it is necessary to re-gain full extension!!

*Your post-operative care may vary depending on the operative findings. Thigh, leg and foot swelling and bruising are common after knee arthroscopy. In addition, the post-operative dressing may become soiled from fluid drainage. You may remove and replace the dressing if drainage occurs.

*Call Dr. Tony at (208)622-3311 (after hours cell phone: (208)721-2663) if you experience a fever over 101 degrees, uncontrollable pain, loss of feeling/movement in your foot or toes (a block may take up to 24 hours for complete resolution), wound problems, severe vomiting, or difficulty urinating.