

Post-Operative Instructions – Meniscectomy

Pre-Op Check List

- Fill narcotic prescription immediately when given to you (or it will expire); do not take narcotics pre-operatively! It is for you to use post-operatively.
- Meet with representative from device company for post-op cryotherapy
- Schedule your 1st post operative appointment with our Surgical Scheduling Team for 7-10 days after your surgical date. Surgical Scheduling can be reached at (212) 305-0622.
- Discontinue all aspirin products at least 7 days prior to surgery.
- The Hospital Pre-Op Staff will notify you of your arrival time the afternoon before surgery. If you are not contacted by 3:30pm the day before surgery, please call our office for final instructions at (212) 305-0622.
- Bring your cryotherapy with you to the hospital on day of surgery.
- Do NOT eat or drink anything past midnight the night before surgery.
- Under no circumstances should you write anything on your operative site – this will be done by me in the pre-op holding area on the day of surgery

Surgery Day

- You will be asked to arrive 2 hours before the scheduled surgery time (remember to not eat or drink anything after midnight).
- You will be admitted and meet the nursing staff, anesthesia staff, and one of my team members will most likely meet and examine you as well in the pre-op holding area.
- You will usually have your regional anesthetic placed in the pre-op regional block area.
- Your surgery will be performed and usually lasts ~30 minutes.
- You will have your cryotherapy sleeve that you were fit for preoperatively (if you purchased this device) put on either in the operating room or in the recovery room.
- You will have a dressing on your knee overlying the surgical incisions. There are white butterfly (“steri-strips”) on the skin and these should stay on until you return to the doctor’s office.
- You will be fit for crutches in the recovery room.
- You will stay in the recovery room typically 1-3 hours depending on the duration of the spinal anesthetic.
- You need someone to pick you up at the hospital (you cannot take public transportation home!)

Post-Operative Instructions – Meniscectomy

Post-operative Day 1

- Do not put any creams or antibiotic agents on the wounds.
- You can shower – remove the dressing but not the steri-strip bandages. Pat dry the wounds after the shower. Put band-aids or sterile gauze over the wounds after the shower.
- You can start to bend the knee gently.
- You can put down as much weight as possible on your foot – unless specifically instructed not to do so (**if you have a meniscal repair or surface cartilage procedure**).
- Use your cryotherapy as instructed to decrease swelling and diminish pain.

Post-operative Days 2-7 (1st Post-operative visit)

- Continue as above.
- You will have your 1st post-operative visit somewhere in this time period (7-10 days after surgery).
- At that visit, we will change your dressings and inspect your wounds.
- You will be given your 1st post-operative prescription from me to start Physical Therapy with all of the guidelines for your therapist to follow.
- We will review your arthroscopic photos to show you what was done at your surgery.

Post-operative Weeks 1-6 (2nd Post-operative visit between 4-6 wks post-op)

- You can typically stop using the crutches between 1-3 days post-operatively.

Please call the office in the first day or two after surgery to schedule a post-operative visit. Your appointment should be **7-10 days after surgery**. If at any time there are any signs of infection (**increased swelling, redness, drainage from the incisions, warmth, fever, chills, or severe pain unrelieved by prescribed medications**) or if you have any questions or concerns, contact us at the office.

Post-Operative Instructions – Meniscectomy

FREQUENTLY ASKED QUESTIONS (FAQ)

- **Will I have a brace?**
You do not need a brace for most routine knee arthroscopy procedures involving the meniscus.
- **When can I begin driving?**
Typically, you will be able to resume driving as soon as you feel comfortable after surgery – typically ~4-7 days.
- **When can I return to work?**
This really depends on the individual patient specifically with respect to job demands (labor vs. desk job). Some patients return to work as soon as 2-7 days post-operatively and others require extensive time away from work if “limited duty” is not available.
- **How long will I have Physical Therapy after the surgery?**
The typical therapy program will be ~4-6 weeks. The goals are to regain range of motion and function as soon and safely as possible.
- **How much pain will I have?**
This is variable of course but we provide you with an appropriate amount of narcotic pills to keep you comfortable until your 1st post-operative visit. Remember, that most of our patients have regional anesthesia and it is not unusual to have numbness and tingling that can be present for several days following your surgery.
- **Why is my knee “leaking”?**
Remember that arthroscopy is performed by pumping in a lot of fluid into the knee and this fluid then escapes through the small incisions (portals) – this is entirely normal to occur after surgery.
- **When should I call the office with concerns?**
Any signs of infection should be reported immediately – these include increased drainage (usually thick, cloudy, not liquid secondary to the arthroscopy), redness, increased warmth, and fevers (T > 101.8).