



**Columbia University
Shoulder, Elbow and
Sports Medicine Service**

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Frequently Asked Questions Patients Often Have Following Knee Surgery (Meniscus)

1. How long will I have to use crutches?

Meniscectomy: no crutches
Meniscal repair: 4 weeks

2. When will I start physical therapy and for how long will I attend?

Meniscectomy: you will start the week of your surgery- minimum of 6 weeks

Meniscal Repair: may begin straight-leg raises on your own the week of surgery. Begin formal physical therapy 4-5 weeks after surgery- minimum 3 months.

3. When will my first follow-up appointment be and how often will I need to see the doctor?

Your first follow-up appointment will be within 1-2 weeks after surgery. Your surgeon will inform you of how frequently he will need to see you, depending on your progress with therapy.

4. When can I drive?

Meniscectomy: when you feel comfortable doing so and are no longer taking narcotic pain pills. *Meniscal repair:* Right knee-when you have regained full use of your leg and are no longer taking narcotic pain pills. Left knee-as soon as you are no longer taking narcotic pain pills.

5. When can I play sports again?

You will not be allowed to play full contact sports again for at least 3 months after your surgery.

For all questions regarding the care of your sling (adjusting it, cleaning it, etc.) or the use of your cryocuff, you may contact East Coast Orthotics at 631-254-5577 and they will be happy to help you.