

Knee Arthroscopy/Meniscectomy Post-operative Instructions

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Leave the outer dressing on for two days. Expect some bloody drainage. You may remove the outer dressing in 2 days and you may shower after removing the bandage. Do NOT bathe or soak the knee. Leave the paper steri-strips that cover the incisions on until they fall off on their own. It is OK if the strips fall off on their own. Cover the incisions with band-aids after gently drying off the knee. The original dressing should be kept dry until it is removed on post-op day #2.

You may use percocet or vicodin for pain as prescribed. Once you begin to experience some slight pain as the local anesthetic wears off, start the pain medication. Don't wait too long. Try to stay ahead of the pain. You may adjust the amount of tablets (one or two tabs) according to your pain level. Taking an anti-inflammatory medication (Celebrex, Naprosyn, or Ibuprofen) if you are not allergic, in between doses of Percocet/Vicodin, can be very helpful in controlling the pain. I would like you to take one baby aspirin (81 mg) per day to help prevent blood clots, although the risk of blood clots is very low.

Watch for signs of infection such as a persistent fever (>101), redness around the wound, or drainage from the wound. If you suspect an infection please call the office – don't wait.

Use crutches and bear weight as tolerated. You may discontinue crutches when comfortable. Let pain be your guide to activity level. Don't overdo it.

Knee motion is encouraged so you may begin to move and bend your knee as your pain level allows. Use the compression/cooling unit as frequently as convenient to help control pain and swelling.

You will get a prescription for physical therapy at your visit follow up office visit after surgery.

If your postoperative follow-up visit was not made for you prior to discharge, please call the office and make an appointment in 8-10 days after surgery. 860-685-8940

GOOD LUCK and SPEEDY RECOVERY!