

Knee Arthroscopy/Meniscus Repair 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 do NOT put any weight on your operated leg for ~ 4 weeks or until instructed by Dr. Hergan. 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, however do NOT bend your knee beyond 90 degrees. Use the compression/cooling unit as frequently as convenient to help control pain and swelling.

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.

You will get set up to start Physical Therapy at your first visit back to the office after surgery.

GOOD LUCK and SPEEDY RECOVERY!