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Arthroscopic and Reconstructive Surgery of the Shoulder and Knee Sports Medicine
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Arthroscopic Meniscectomy

1. **ACTIVITIES:** No harm is done in putting full weight on your knee immediately. You are encouraged to try to walk as smoothly as possible. Do not do any strenuous activity such as running and jumping until I clear you for this. You may experience some mild discomfort as you walk. You may use crutches, but generally they are not necessary. You may start bending your knee as tolerated, the sooner the better.
2. **BANDAGES:** Your bandage may be removed 2 days following surgery. The knee should then be re-wrapped with only the elastic bandage for about 3-4 days or until swelling is gone. DO NOT wrap the elastic bandage too tightly, or it will act like a tourniquet and cause ankle swelling.
3. **MEDICATIONS:** A prescription will be provided to help relieve pain. Please use this medication as directed. This medication is strong, and should not be taken with alcohol or other pain medications, and may cause drowsiness. Exercise good judgment in its use. You may also try over the counter pain medications such as Aleve (naprosyn) or Advil (Ibuprofen). Take as directed unless there are contraindications. **Take 1 Aspirin (325 mg) daily in addition to the pain medication.**
4. **SHOWER:** You may shower after 48 hours. Do not take a bath or submerge the knee under water for 7 days. If any drainage is present, do not get the knee wet and please call the office.
5. **STITCHES:** There are stitches in the skin. After 7-10 days we will remove the sutures in the office. If any problem is noted with the incision, please call the office (860) 549-8249.
6. **EXERCISES:** The thigh muscles will shrink in size and strength quite rapidly unless they are exercised. Simple exercises should be started as soon as possible. The best exercises are as follows:
 - a. Straighten your knee as much as possible and clench the thigh muscles tightly. Hold the muscles clenched tight for 5 seconds, and then relax. Repeat this exercise 10-20 times every 30-60 minutes. You should try to do at least 100 tightening per day to keep the tone and strength in the muscle.
 - b. Start bending your knee the day after surgery and increase the bending until full motion has returned.
 - c. A stationary bicycle may be used once the knee bends to 90 degrees.
 - d. The need for physical therapy will be discussed at your follow-up visit
7. **WORK ACTIVITY:** Most people are able to return to either sedentary or restricted work activity within 1-3 days of their operative procedure. Generally, full normal stressful activities and sports are resumed after 3-4 weeks. During this time frame, more stressful activities may be engaged as tolerated.
8. **COMFORT:** Pain and swelling after arthroscopy is to be expected. This should subside after 2-4 days. If the following develop and persist after 24 hours, please call the office:
 - a. Fever over 101.5 degrees.
 - b. Swelling below the knee, in the calf, ankle or foot which does not respond to loosening of the ace wrap.
 - c. Increasing pain in the knee or calf.
 - d. Discharge or drainage from the knee which continues greater than 24 hours.
9. **FOLLOW-UP:** Please call the office the day after your operation and make an appointment for 7-10 days after your procedure. You will be checked, your procedure discussed and your rehabilitation will be planned.

KNEE MENISCECTOMY/CHONDROPLASTY

POSTOPERATIVE INSTRUCTIONS

You've had arthroscopic surgery today. Your knee joint was evaluated thoroughly.

I found in your knee:

___ Medial meniscal tear ___ Arthritis ___ Ligament Damage
___ Lateral meniscal tear ___ Cartilage Damage Patella – medial femoral – lateral femoral – trochlea
___ Loose bodies ___ Osteophytes ___ Plica

I was able to:

___ Debride meniscus ___ Clean Arthritis ___ Remove loose bodies ___ Remove plica
___ Repair meniscus ___ Repair/Shave cartilage damage ___ Remove osteophytes

Until I see you, you should:

___ Use crutches ___ Try to walk normally ___ Straighten and bend knee
___ Start physical therapy (a referral has been given)

You should change your dressing in 2 days. Cover the portals with band aids. We will remove all stitches at your visit. You may shower at 48 hours but do not soak the incisions.

Pain is expected for several weeks. Use your medication for severe pain. You can take Aleve 440 mg twice daily (if not allergic, or no ulcer history). Call if fever greater than 101.5°, or if infection is noted. Call 549-8249 for office visit 7-10 days after surgery. If you want to return to work before your next visit, call the office.

