

Meniscus Repair vs Debridement
Post-Operative Instructions

Activity:

Rest today. Gradually return to more normal activities.

- While you are up, use your crutches and/or immobilizer as instructed.
- Limit use of operative extremity as instructed.
- Exercise the toes/ankle (as permitted) to reduce stiffness and swelling.
- Start Physical therapy in 3-5 days.
- Weight bear as directed.
- Limit range of motion to 90° for the first three weeks for nondisplaced meniscus tears and six weeks for displaced bucket handle tears.
- **Meniscus debridement:** Use crutches as needed.
- **Meniscus Repair:** You may discontinue your crutches at 4-6 weeks.
- At 4-6 months you may return to pivoting sports when full range of motion is present, no swelling and can show full extension and painless terminal flexion.

Diet:

Start with clear liquids after surgery, advance diet to regular as tolerated.

Dressings:

- Keep clean and dry.
- May remove dressing in 3 days **or as directed by provider**, use bandaids as needed.
- May shower with plastic bag for cover until the dressing is removed then may shower uncovered. No direct scrubbing of the incision, no submerging in water (bath, hot tub, swimming pool). Blot the incision dry and cover with bandaids.

Pain and Comfort:

- Use pain medication as directed. Narcotic pain medication can cause constipation, we recommend taking a stool softener while taking pain medication.
- May use over-the-counter Ibuprofen as needed. Do not take with other anti-inflammatory medications or aspirin.
- **Ice area** 20 min/hr for next 2-3 days. Ice is important to prevent swelling and decrease pain. Cover ice bag with towel or pillowcase to keep dressing dry **OR use ice cuff** 5-7 days continuously as tolerated.
- **Elevate** the extremity to decrease pain and swelling for 72 hours, above the level of your heart.
- Protect affected extremity from injury until normal sensation returns.

Post-Operative Visits:

- Return to the clinic in 2 weeks for a wound check, suture removal and review of your surgery.
- Postop: 4-6 week postoperative visit

****If you develop leg pain, swelling or redness in your leg, shortness of breath or chest pain please call 9-1-1 as this could be an emergent condition.**

Note: These instructions are to serve as guidelines and are subject to Physician discretion. Actual progress may be faster or slower depending on the individual.