



Knee Arthroscopy – Partial Meniscectomy

Discharge Instructions

Comfort

- Discomfort increases 24-48 hours after surgery due to the injected medication wearing off. This can be helped by oral pain medication. It is safe and normal.
- **Cold therapy** – Ice will greatly reduce pain and will help with swelling.
 - You may use it 20 minutes on, 20 minutes off, as often as you wish.
 - Always keep a cloth barrier, such as a towel, between the cold and your skin.
 - You may remove the ACE wrap temporarily to allow the cold to penetrate, but please rewrap it afterward.
- **Medication**
 - For **anticoagulation** – you **MUST** take one 81mg aspirin daily for two weeks to help prevent blood clots. This is the only mandatory medication.
 - For **nausea** – Zofran (ondansetron) as needed.
 - For **constipation** – over the counter remedies such as Colace or Miralax as needed. Both the anesthesia and the pain medication can cause constipation.
 - For **pain** – A narcotic pain medication will be prescribed for you if it is deemed safe with your history and allergies. Try to manage your pain with ice and Tylenol and use the narcotic sparingly. Some patients find they do not need the narcotic at all. Common side effects such as constipation, nausea and cognitive impairment may occur. Tylenol can be used as a step-down medication and is recommended as soon as possible. It is very common to use the pain medication at night to help sleep better.

Activity

- Full weight bearing as tolerated.
 - You may safely walk, stand, and climb stairs right away.
 - Please alternate activity with RICE (rest, ice, compression and elevation) and plan to take it easy for several days.
 - We suggest ankle pumps and circles when seated/laying for any period of time to help lower extremity circulation.
 - Do not sit for more than 30-45 minutes at one time.
- Return to work – you can return to work as soon as you feel ready.
 - This will depend in part on what was done during the procedure.
 - For sitting-down jobs, you may be ready to return within a few days.
 - For active jobs, it may be a week or more.
- Driving – We want you to be safe and comfortable when you return to driving.
 - If your procedure was on the left knee, you may drive as soon as you are no longer taking the narcotic pain medication.
 - If on the right side, you may be able to drive safely from 3-7 days after the procedure. This is a sliding scale, depending on your pain and progress, and we will discuss it at your first post-op appointment.
- Physical therapy – We do not routinely prescribe physical therapy following a partial meniscectomy. We can discuss this at your first post-op visit.

Wound Care

- Your incisions are covered by several layers of bandages. Please leave these in place and avoid getting them wet for 3 days.
- It is OK to remove the ACE wrap if it feels too tight or to apply ice more directly to the knee. It is a good idea to rewrap the ACE, starting from the foot and going up to the knee, to provide light compression and to prevent swelling the three days.
- After day 3, you may remove the ACE wrap and the cotton dressing and apply bandaids over the incisions instead. You can shower normally, but no soaking in a bath, pool, or hot tub for 3 weeks. Please apply dry bandaids over the incisions after showering.

Diet

- You may eat anything you like, but it's advisable to choose light, easily digestible foods and to drink plenty of water the day after surgery. Some people experience nausea as a temporary reaction to anesthesia.

Call your physician if:

- You develop a temperature over 100.3 degrees.
- You have persistent pain and / or swelling in your calf.
- The knee becomes hot to the touch, red, intolerably painful, or swells suddenly.
 - (Note some warmth, pain, and swelling are normal.)
- You have any questions or concerns. We are happy to talk to you at any time! If it is after hours, our answering service will page the PA on call and he or she will get in touch with you.

Recovery Milestones:

Overview:

- Week 1 – RICE techniques, return to sitting work
- Day 10 – Skin incisions healed
- Week 2-4 – Return to active work as pain permits