

Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

## FREQUENTLY ASKED QUESTIONS FOLLOWING ARTHROSCOPIC MENISCUS REPAIR/PARTIAL MENISCECTOMY SURGERY

Please note that the instructions provided below are general guidelines to be followed. However, any written or verbal instructions provided by your surgeon supersede the instructions below and should be followed.

### HOW LONG WILL I HAVE TO USE CRUTCHES

For **PARTIAL MENISCECTOMY SURGERY**, you will need to use crutches for 1-3 days.  
For **MENISCUS REPAIR SURGERY**, you will need to use crutches for 4-6 weeks.

### WHEN CAN I RETURN TO WORK?

This depends on the demands of your job (labor vs. desk job). Some patients return to work as soon as 4-7 days after surgery and others require extensive time away from work if "limited duty" is not available.

### WHEN CAN I DRIVE?

For **PARTIAL MENISCECTOMY SURGERY**, you may begin driving when you are no longer taking narcotic pain medicine and when you feel comfortable doing so.  
For **MENISCUS REPAIR SURGERY**, you may begin driving once you have regained use of your leg, are no longer taking narcotic pain medicine, and no longer require the use of the knee brace.

### WHEN CAN I RETURN TO PLAYING SPORTS?

You will be able to participate in certain activities in a progressive manner throughout your recovery. These activities depend on your progress and timeframe of recovery and will be determined by your surgeon.

### WHEN WILL I START PHYSICAL THERAPY AND FOR HOW LONG WILL I ATTEND?

The typical therapy program will be 4-8 weeks for **PARTIAL MENISCECTOMY SURGERY** and 4-6 months for **MENISCUS REPAIR SURGERY**. The goals are to regain range of motion and function as soon and safely as possible.

For **PARTIAL MENISCECTOMY SURGERY**, you will start the week of your surgery and continue for a minimum of 6 weeks.

For **MENISCUS REPAIR SURGERY**, you may begin straight-leg raises on your own the week of surgery. You will begin formal physical therapy 4-5 days after surgery and continue for a minimum 4 of months.



**WHEN IS MY FIRST  
POST-OP APPOINTMENT?**

Your post-operative first visit will be 7-10 days after your surgery. Your surgeon will inform you as to how often you will return for follow-up appointments.

**WHEN CAN I SHOWER?**

You may remove the dressing typically **72 HOURS AFTER SURGERY**. Please, leave the steri-strips (i.e., adhesive butterfly strips) over your wound as these will be removed during your first post-operative visit. You may shower **24 HOURS AFTER SURGERY**, but please **DO NOT** get your incision wet.

**HOW MUCH PAIN WILL  
I HAVE?**

This is variable, but we provide you with an appropriate amount of medication to keep you comfortable until your first post-operative visit. Most of our patients have regional anesthesia and it is not unusual to have numbness and tingling that can be present for several days following your surgery.

**WHY IS MY KNEE  
"LEAKING"?**

Arthroscopy is performed by filling the knee with fluid, which then escapes through the small incisions (portals) — this is entirely normal after surgery.

**WHEN SHOULD I CALL  
THE OFFICE WITH  
CONCERNS?**

Any signs of infection should be reported immediately — these include increased drainage (usually thick, cloudy, not liquid secondary to the arthroscopy), redness, increased warmth and fevers ( $\geq 100.4^{\circ}\text{F}$ ).

**CALL THE OFFICE AT 201.567.5700 IF ANY OF THE FOLLOWING ARE PRESENT:**

- Painful swelling or numbness (note that some swelling and numbness is normal)
- Unrelenting pain
- Fever or chills (i.e.,  $\geq 100.4^{\circ}\text{F}$  — it is normal to have an elevated body temperature for the first day or two following surgery)
- Redness around incisions
- Color change in the thigh, knee, leg or foot
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting
- Calf pain

**IF YOU HAVE AN EMERGENCY THAT REQUIRES IMMEDIATE ATTENTION,  
PROCEED TO THE NEAREST EMERGENCY ROOM.**