

Knee Meniscal Repair

Home Care Instructions

The meniscus is rubbery tissue in the knee that acts as a shock absorber between the upper and lower leg bones. The meniscus also keeps your knee stable by spreading weight across it. Each knee has two menisci (plural of meniscus). The surgery involves making small cuts to the knee, a small camera is used to evaluate the tear and small surgical tools are inserted to repair the tear.

-Dr. Michael C. Russonella, D.O.

- Knee Brace** Your brace will be applied in the operating room. You must wear the brace, locked for 4-6 weeks when walking. You must wear the brace locked while sleeping and showering for the first 4-6 weeks as well. You may unlock it for short periods when you are sitting.
- Activity and Diet** Rest the day of surgery. Elevate your leg so that is higher than your knee to help reduce swelling for the first 1-2 weeks. **DO NOT KEEP PILLOW UNDERNEATH KNEE.** Ice packs as needed to decrease pain, especially over the first week. **DO NOT USE HEAT.**
- Driving:** You may not drive while taking pain medication. In addition, if it is your right knee that had surgery, you will not be able to drive for approximately 6 weeks after surgery or until the brace is removed.
- Pain Medication** All medication is sent electronically to your pharmacy an antibiotic (which you are required to take to prevent risk of infection) and a narcotic (if you are not comfortable taking the pain medication you may also take Tylenol 1-2 tablets every 4-6 hours as needed for pain). Please take pain medication with meal. You may come off the prescription pain medication when you feel comfortable. Resume other home medication as per usual regimen. The pain medication may cause constipation; drink plenty of fluids, apple juice and prune juice as needed. You can also use Colace 100mg by mouth twice a day. If you do not have a bowel movement within 5 days drink ½ bottle of magnesium citrate, which is sold over the counter at any pharmacy.
- Wound Care and Showering** There may be small raised areas around the incision site; this is normal swelling, unless associated with the items of concern listed in Item 9 below. The knee will have a large dressing over the incision. Leave the dressing on for 72 hours. Remove the large dressing but leave the sutures in place. The dressing will be blood tinged – this is normal. You may shower after the dressing is removed; do not lather the area with soap, although it can get wet. Apply band-aids over the incisions after they are dry.
- Return Visit** The office will call you to schedule your post-operative appointments.
- Emergency** Notify the office if you develop a fever >101°F, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office.

** If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs. **