



Postoperative Instructions Following Knee Arthroscopy, Meniscal Debridement, Meniscal Repair

Steve Bernstein, MD

Medications:

You have been given two prescriptions. The first is Naprosyn. This is an anti-inflammatory medication that I use to help minimize the swelling in order to facilitate an early return to motion. The Naprosyn should be taken as directed until you finish the prescription, usually about 10 days. If you develop stomach irritation, stop the Naprosyn and call my office to let me know. A second medication is called Vicodin. This is a narcotic that is solely for pain. This should be taken as needed, not regularly. It can also irritate the stomach and cause constipation. The quantity given to you should be more than enough. In fact, after a few days, most patients feel that they can switch over from the Vicodin to just extra strength Tylenol which I would encourage.

Dressing removal and bathing:

Gently remove the dressing on postoperative day #2. (If surgery is on Thursday, postoperative day #2 is Saturday). Keep the incision sites covered with band-aides for another 3 days. Use an ice pack over the knee for ½ hour intervals 3 times a day (A bag of frozen peas works fine). You may shower on postop day #3. Use an anti-microbial soap, i.e., Dial. Let the water run over the wound. Gently pat the area dry. Do not soak the knee in water or go swimming until your sutures are removed (10-14 days post-op).

Activity:

You can bend your knee as tolerated. Perform straight leg raises in sets of 20 at least 5 times per day. It is fine to walk as your symptoms permit and use of crutches is not required but to be used as needed.

Follow-up:

The incisions should remain clean and dry until at least your first postoperative visit with me usually at five days after surgery. You should call my office to schedule this first visit. Your sutures will be removed 12 of 14 days after the surgery.

Physical Therapy:

Patients typically require a few weeks of physical therapy postoperatively. At the time you schedule your follow-up appointment with me, you should try to coordinate your first

visit with physical therapy. I prefer patients to rehabilitate in my physical therapy, Chevy Chase Orthopaedics and Rehabilitation (CCOR). The phone number for CCOR is (301) 654-5600. These are the therapists I work most with and are most familiar with my patients and protocols. If CCOR is not convenient for you, let me know and we can make arrangements at another facility.

Patients undergoing meniscal repair:

If meniscal repair is performed, you will be placed in a brace at the time of surgery. This will keep your knee straight. You can still follow the same dressing removal and bathing instructions as above. Arrangements will be made to get you a more permanent hinged brace for a total of 4 weeks of bracing. The brace will allow for motion between 0 and 90 degrees. It will be locked in full extension for ambulation. The purpose of the brace during this time is to protect the repair.

Your recovery and physical therapy time is typically around 12 weeks before returning back to full activity. The physical therapists will follow a specific ‘meniscal repair rehabilitation protocol’.