

Knee Arthroscopy- Meniscectomy

I certainly appreciate you choosing me to care for your knee. Here is some general post-operative information to help you recover as quickly as possible to get back to what you like to do.

1. Your dressing will come off 48 hours post op. If it bleeds through the dressing in the meantime leave it alone but keep it from getting on furniture. After the dressing comes off, shower and let soap and water run over your wounds. Do not put any ointment or band aids over your small wounds. There won't be stitches. If it is still draining after 48 hours get some wound dressings at the pharmacy (4x4's but anything will do) and change the dressing every 12 hours until dry and continue to use soap and water. This rarely occurs. Usually after 48 hours no dressing is needed.

2. Knee extension - There is not necessarily a lot of physical therapy after simple knee arthroscopy but this varies. What you can do to help speed things along is to be able to get your knee straight. (Not KEEP it straight but GET it straight.) It's simple to do this. Sit on a couch and rest your heel on a coffee table and let gravity pull it down into full extension. Resting on a bed or couch with two pillows under your heel will accomplish the same thing. Recliners keep your knee partially bent and don't work well for this. Resting with a pillow under your knee is also not advised. You can bend your knee all you want, just be able to get it straight early in the post-operative period. Please see attached YouTube videos.

- Knee Extension: <https://youtu.be/H5DEG6CA8pY>
- Knee Flexion: <https://youtu.be/l4xXpBmDmMw>
- Hamstring Stretch: <https://youtu.be/fWrPCezGEjk>

3. Crutches (or walker) are to be used as needed. If it hurts to walk on your knee you should keep using the crutches to give your knee a break. Even with the crutches you can put some weight on your leg. This may change if you have a meniscal repair.

4. It's good to take it easy for a week afterwards if you can. Jamie or I will see you within a week of your surgery. As to when you can return to work, it really depends on your particular job requirements. If at a desk you can go back within a few days. If on your feet all day it may require a few weeks.

Again, thanks for allowing me to be involved in your care!

Stephen G. Littlejohn, M.D.