



## **Post-op Instructions for Meniscus Surgery**

### **Dressing Changes:**

1. You may shower 3 days after surgery. Otherwise, keep the incision clean and dry.
2. Prior to shower, you should cover the incisions with a waterproof dressings. These can be obtained from your local pharmacy, HEB, Walmart, etc.
3. After the shower, you should change the dressings.
4. You will notice a mesh-type dressing over the incisions. This will fall off on it's own. DO NOT pull off.

### **Swelling:**

1. Swelling is expected after surgery.
2. To reduce swelling, elevate your leg as much as possible above your heart level and ice.
3. You may use ice 15-20 minutes every 2-3 hours. Make sure to use a towel between the ice pack and skin to prevent freezer burn.

### **Meniscus Debridement:**

1. You will be toe-touch weight bearing (DO NOT walk on the foot) for 3 days with crutches or a walker.
2. After 3 days, you may begin walking and bearing full weight on the foot.

**OR**

### **Meniscus Repair:**

1. You will be non-weight bearing (DO NOT walk on the foot) for ~4 weeks with crutches or a walker. Dr. Sayeed/PA Sandquist will let you know at your appointment if you may discontinue the crutches or walker.
2. You must wear your brace locked in extension (0 degrees-leg straight) when walking and sleeping for ~4 weeks. Dr. Sayeed/PA Sandquist will let you know at your appointment if you may discontinue the brace.
3. You may unlock the brace and bend the knee some (not past 90 degrees) only when at rest.

### **Pain Control:**

1. Take your Tramadol or Tylenol #3 with Codeine (Acetaminophen/APAP with Codeine) every 6 hours. If pain is not well controlled with one tablet, you may increase to 2 tablets.

\*Note: If you have any questions, you may call the office at (210)696-2663.