



WHAT TO EXPECT AFTER ARTHROSCOPIC KNEE SURGERY- PARTIAL MENISECTOMY

- It is normal to have swelling and discomfort in the knee for several days to a week after surgery.
- **Apply ice bags to control swelling.** Ice should be applied 30 minutes at a time, every hour or two. Put a thin towel or T-shirt next to your skin if using ice in a plastic bag. Icing is most important in the first 72 hours, although many people find that continuing it lessens their postoperative pain weeks after their surgery.
- You will be given a prescription for pain medication when you are discharged from the hospital. If you find you do not tolerate it well, call our office.
- **KEEP THE LEG ELEVATED.** This will prevent swelling and help decrease pain. The leg must be elevated higher than the level of your heart.
- **PUMP YOUR ANKLES UP AND DOWN.** This should be done several times an hour to keep the blood circulating in your leg and to help prevent blood clots from forming.
- We recommend that you take a baby aspirin (81 mg) daily for the 1st month following your surgery.
- Keep the post-op dressing clean and dry. Unless it becomes wet or too tight because of swelling, leave the bandages in place for at least two days. **REMOVE YOUR BANDAGES TWO DAYS AFTER SURGERY.** Cover the small incisions with Band-Aids to keep sutures from snagging. You may shower then, but keep the incisions dry by applying a watertight dressing for the first 7 days. **Do not wet your incisions directly** (bathing or swimming) until after your first post operative visit.
- We would like to see you back in the office approximately 10-14 days after surgery. If you don't have your first post-op visit scheduled, please call our office to make one. We will remove your sutures at this time.
- **Start your postoperative exercises right away.** You will be given a sheet of recommended exercises.
- You will be given crutches; use these until you can walk without pain or a limp. You may put as much weight on the leg as is comfortable.
- If you experience continuous incisional drainage, redness, swelling, or fever please call our office. If you have any additional questions or concerns call our office.
- You may eat a regular diet, if not nauseated. Avoid alcoholic/caffeinated fluids and smoking.
- Plan to take a few days to a week off from work.

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