

## Arthroscopy of the Knee – With Repair of the Medial/Lateral Meniscus

Following a “scope” (arthroscopy) of the knee you will have a compressive surgery bandage wrapped from your toes to your thigh; along with an ice pack/cold pad on your knee

You may notice the antiseptic that is applied to your skin for surgery, it may be orange or blue in color, it will eventually wash off

Two days after surgery you may remove all of the surgery bandages; remove the ace wraps, all white gauze wrappings around your knee and the smaller bandages on the incision(s); you may see some dried drainage from your surgery incisions on the bandages, we expect a little drainage; throw all the bandages away, do not save them to reuse on your knee

You may wash up in the shower with clean soap and water; you may wash lightly over the surgery incision with clean soap and water; it is a good idea to use a clean disposable washcloth each time you wash; towel dry the area; air dry the area and then you may apply band-aids to cover the incision

Do not apply any lotions or ointments over your incision, near the surgery area or anywhere on your surgery leg; your Doctor/Surgeon will tell you when you may lotion around this area

You may have a cooler type of ice machine prescribed for you after surgery, an ice sleeve, an ice pack, or simply a bag of ice cubes; any cold therapy is helpful to control pain and swelling of the surgery area

Icing is best used every 2 hours, for 20 minutes at a time

Ice packs may be used over the surgery bandage; the cold will penetrate the layers of bandages and help with pain management

Be careful to protect your skin from any of the cold therapy methods; immediately after surgery, the bandages will protect your skin; once the bandages are removed, you may continue to use the cold therapy, but you must protect your skin from the cold, for instance, with a small towel; skin which is unprotected from the cold therapy is at risk for frost bite

Swelling of the operative leg/area; Some individuals experience swelling of the operative leg/area. This is very individualized; some patients experience more swelling, some less. If you are experiencing swelling such that you are very uncomfortable, go lay down in bed and elevate your surgery leg on pillows and apply your ice pack. Elevating the surgery area above the level of your heart with help to decrease the swelling and the ice helps with pain control. While resting continue to do the exercise called “ankle pumps” which helps to increase circulation to the surgery leg and thus decrease swelling.

Following a “scope” (arthroscopy) with a full meniscus repair you will usually be **Partial Weight Bearing**. Move around as much as you are comfortable placing some, but never all, weight on the leg. Sometimes **Non-Weight Bearing** is ordered, which means what it says; no

weight at all on the surgery leg, in which case you use crutches when moving around. When moving you are encouraged to vary your activities; walk for a while, sit for a while, rest in bed for a while, etc.

**Remember to follow your Doctor/Surgeon's directions about your weight bearing status after surgery; your weight bearing status may change as time goes by after your procedure**