



**George Ackerman, MD**  
**Meniscus Repair Post Operative Instructions**

**Pain Medication**

- A pain medication prescription has been sent to your pharmacy and can be used if needed.
- Most patients find Tylenol (1000mg) and/or Advil (600mg) effective for pain control.

**Ice**

- You can ice the knee to reduce swelling and discomfort. Apply for 20 mins per hour as needed.
- If you are using a cryotherapy machine, you may use it as directed (machine has a timer).

**Elevation**

- When you are not walking, your leg should be straight with a pillow under your foot or ankle (not behind your knee). Try to elevate knee as much as possible to reduce swelling.

**Dressing**

- Keep the dressing dry and remove bandage 48 hours after surgery.
- Place band-aids over the incisions and re-wrap the ACE bandage to assist with swelling.

**Showering**

- You may shower 48 hours after surgery.
- Please use caution! Be careful not to slip and fall. The effects of anesthesia and/or medication may make you drowsy or light-headed.
- Do not soak in a bathtub, hot tub, or pool until the sutures are removed.
- Once you are done showering, pat the incisions dry and apply band-aids and the ACE wrap.

**Crutches**

- You may use crutches if needed for walking for the first 3-7 days following surgery.

**Brace**

- You should keep your brace on and locked in extension (straight) while walking and sleeping.
- The brace may be unlocked to allow for flexion (bending) when sitting.
- The brace may be removed for exercises and cold therapy.
- Brace hinges should be at the level of the kneecap. Velcro straps may need to be adjusted to maintain the proper position.

**Continuous Passive Motion (CPM) Machine**

- CPM machine should be used for at least 2-3 hours per day. Please start the day after surgery.
- Start from 0-30 degrees and advance flexion by at least 5 degrees per session up to 90 degrees.
- The goal is to achieve approximately 90 degrees of flexion by the first post-op visit.
- Please contact the company (NuLife) for any machine-related questions.

**Physical Therapy**

- Please start PT within 1-3 days of surgery.
- Contact our office if you have not received a prescription or need assistance.

**Follow-up Appointment**

- Please follow up with Dr. Ackerman 1 week after surgery.
- Call the office to set up the appointment if you do not already have one scheduled.

**Common Concerns**

- Bruising and/or swelling of the knee, ankle, or foot are common after surgery. To relieve this discomfort, it is best use ice and elevation.
- Numbness around the incision site on the outside part of the knee is a result of a disruption of a superficial nerve during the operative procedure. Most of this will resolve over time but a small area the size of a quarter usually remains numb. This is unavoidable because of the proximity of the nerve to the incision.
- A sudden rush or feeling of fullness with pain when going from a sitting to a standing position in the knee is common after surgery.
- Right Meniscus Repair patients should not drive for at least 2-3 weeks after surgery.

**Please call if:**

- If at any time, you have discomfort, swelling, or redness in the calf (behind the leg between the knee and the ankle)
- Any oozing or redness of the wound, fever (greater than 101.3° F), or chills
- Any difficulty breathing or heaviness in the chest

**These are only general guidelines for what to expect after Meniscus Repair Surgery. Please do not hesitate to call the office (516) 243-8506 or send Dr. Ackerman a message on the Patient Portal if you have any questions or concerns.**