

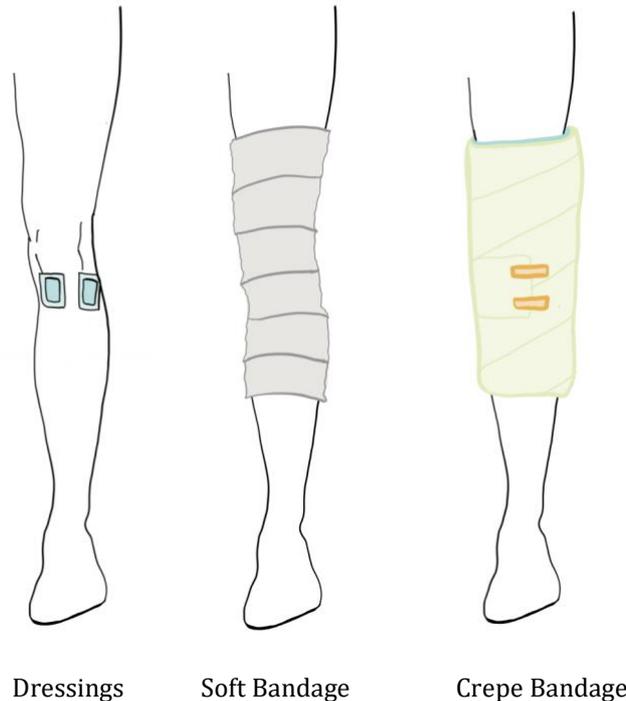
Looking after your Knee following Meniscal Surgery

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Discharge home: After your surgery you will stay in recovery until you can sit up and safely begin to move around. When you are comfortable you can be discharged home with pain relief tablets.

Pain relief: After surgery it is normal to have some pain or discomfort. The amount of surgery you have had will influence how much pain you can expect and how long you will need pain relief. You will be given pain relief tablets to take home with you when you leave the hospital. Take these over the next few days as you need.

Looking after the Bandage: There will be a dressing over the surgical incision on the front of the knee. You will have a white soft bandage and then a crepe bandage over this. This helps to keep compression on the knee as it heals.



You will need to keep the bandage clean and dry. The Crepe and Soft Bandage can come off when they get loose. You may want to re-wrap your knee, otherwise you can discard these bandages. Keep the dressings that cover your wounds dry for the first 2 weeks.

Movement after surgery: You can move your foot, ankle and hip straight away after surgery. Your knee will slowly be able to bend in the days that follow your operation.

It is a good idea to keep moving even after your surgery, it helps your blood circulation and stops your body getting too weak. Avoid any strenuous activity for the first 2 weeks, but gentle walking and exercise is helpful.

When you are resting or sleeping try to keep the leg straight and elevated on some pillows.

Wound review: After 2 weeks you will have an appointment with Dr Stevens to have your wounds checked, any stitches will be removed. Dr Stevens will then give you advice on exercises and physiotherapy.

Physiotherapy: Physiotherapy may be needed to get your knee moving and strong again, but do not start this until you have had your appointment with Dr Stevens at 2 weeks.

Driving: You cannot drive until you have had your first review appointment with Dr Stevens. He will give you an indication then when you are likely to be able to drive again

Returning to work: This depends on the type of meniscal surgery you have had and the type of work you do. Most surgeries will need 2 weeks off work, some will require longer, especially if you have a manual job.

As with all surgery, there are risks with performing surgery on your meniscus. These include infection, delayed healing or wound problems. Difficulty with pain and range of movement may also occur. Further injury to any remaining meniscus is a possibility in the future and knee arthritis may occur as a result of the injury.

Knee feels:

OK - 2 weeks
Better - 6 weeks
Best - 3 months

- + Fever
- + Heavy bleeding or ooze from the wound
- + Increased swelling and redness around the surgery site
- + Pain in the calf muscles or difficulty breathing

If you have any of these problems, please call Dr Stevens or his rooms on **03 5752 5020**