

SIMON W. YOUNG

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Specialist Orthopaedic knee Surgeon, Associate Professor*

ARTHROSCOPIC KNEE SURGERY WITH MENISCAL REPAIR Post-Operative Care

1. WOUND CARE

After the surgery you will have a padded crepe bandage on your knee, you can remove the bandage 48 hours after the surgery.

Under the bandage there are two waterproof dressings covering the small incisions, these should be left on and kept dry. Showering is okay but not soaking in the bath. It is expected to have some blood ooze on the dressing. If a dressing falls off, it can be replaced it with any simple dressing, including a band-aid. Infection is very uncommon following arthroscopy, but if you have ongoing discharge or redness that is spreading contact Simon below.

The sutures used are absorbable. After 12-14 days the dressings can be removed and let the adhesive strips (steristrips) peel off. After 2-3 weeks when the wounds are completely healed you can swim/bath again.

2. PAIN & SWELLING

It is expected to have some discomfort and swelling in the knee in the first few weeks after surgery. Elevation and icing (20 minutes, three times a day) can help control swelling in the first 72 hours following surgery. Take your pain medication (script provided) regularly. Avoid standing for long periods of time during the first week.

3. BRACE & ACTIVITY

You will be fitted with a brace with hinges. Weight-bearing is still allowed, but the brace needs to be locked out straight when walking. This protects the meniscus repair during weightbearing.

You can however start using an exercycle 4 weeks after surgery, with little to no resistance. Aim to spend 20-30 minutes per day on the bike.

Return to work depends on the nature of the work you do. As you will be in a brace for 6 weeks it is difficult to drive during this time. A medical certificate will be supplied.

FOLLOW UP

Wendy will typically arrange a follow up appointment 2-3 weeks after the surgery, please liaise with her to ensure the date and time is suitable for you.

For any questions or concerns following your surgery
please contact Wendy on 09 521 9849 or email ortho@axisportsmedicine.co.nz

If you have an after-hours emergency you can
contact Simon on 021 616 183 or email simon.young@auckland.ac.nz

PHYSIOTHERAPIST QUICK NOTES

Arthroscopic Knee Surgery with Meniscal Repair

BRACE

WEEK 0-6

Locked in extension when WBAT
Unlocked at other times (remove for PT/hygiene/sleep)

AFTER WEEK 6

Discontinue brace

WEIGHT BEARING

WEEK 0-6

WBAT in brace (locked in full extension), crutches as needed

AFTER WEEK 6

WBAT without brace

ROM

WEEK 0-6

Active and passive ROM 0-90 degrees

AFTER WEEK 6

Full ROM as tolerated

EXERCISE

STARTING IMMEDIATELY POST-OP

Quad Sets
Straight Leg Raises
Patella Mobilisations
Ankle Pumps

AT 4 -6 WEEKS ADD (CAN REMOVE BRACE FOR EXERCISE)

Bicycling (starting at low resistance and with seat high)
Swimming

AT 6 WEEKS ADD

Progressive Resistance exercises from 0 - 90°
Wall sits < 90 degree knee bend
Leg press, single leg squat, lunges: 0-90 degrees
Swimming

AT 3 MONTHS

Light straight ahead jogging (half speed)
Light jog/walk progressions
Plyometrics

AT 5 - 6 MONTHS

Hard Running
Agility maneuvers
Functional Sport Specific Drills

Many thanks for your help with the rehabilitation. If you have any concerns or would like to modify the protocol for an individual patient, please feel free to contact me anytime.

Phone 021 616 183 or email simon.young@auckland.ac.nz