

**UNIVERSITY  
ORTHOPAEDICS**

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**POST-OPERATIVE INSTRUCTIONS**

**KNEE MENISECTOMY**

❖ **PLEASE READ THE INSTRUCTIONS CAREFULLY**

- ❖ After the surgery you will be given your prescriptions for pain and inflammation, please take them with food. **The pain medication is a controlled substance and Dr. Seldes will only allow one refill.**
- ❖ It is important to remember that you have just had surgery and will need a minimum of 48-72 hour's to recover. It takes this amount of time for the swelling to peak, **SWELLING AND SORENESS IS NORMAL.**
- ❖ **To decrease the swelling**
  1. Take the prescribed anti-inflammatory in the morning with your breakfast
  2. Apply an ice pack and keep the leg cool as much as possible for the first 48 hours,  
After the dressings are removed you may cool the leg for 20 minutes 2-3 times a day
- ❖ You will be given a cane \_\_\_\_\_ or crutches \_\_\_\_\_ to ambulate after surgery. Please use them as directed. You May   X   May not \_\_\_\_\_ weight bear.
- ❖ It is normal to see drainage on your dressing; this is caused by the irrigation fluids used during your operation. However if there is excessive bleeding (bright red) apply some pressure elevate the leg and call the office.
- ❖ Keep the dressing clean & dry. You may remove the dressing 72 hours (3 days) after the surgery and take a shower. Apply Band-Aids over the incision site, which should be changed every day until your post-op visit.
- ❖ You will be given a prescription for Physical Therapy (and braces if needed) at your post-op visit. If the doctor indicates the need for early therapy the office will call you with this information.