

Orthopaedic Specialist of Texas

15400 Southwest Freeway, Suite 100, Sugar Land, TX 77478
281-565-8800

Timothy Sitter, MD

Meniscus Repair (Knee)

Before Surgery

1. Do not eat or drink anything after midnight the night before surgery. Note: If you take medication on a daily basis, you may take your medication in the morning with a sip of water.
2. If you take a blood thinner of any kind including Aspirin, Plavix, Coumadin, Ibuprofen, Mobic, Naproxen, Vitamin E, diet pills, or herbs, stop taking the medication at least 7 days before surgery. You may continue to take Celebrex up until your surgery day.
3. Please arrive at the hospital at the specified time.
4. This is a day surgery so please have someone there to take you home after surgery.

After Surgery

1. You may remove your bandages in 2 days following surgery. Keep incisions dry. Cover with Band-aids.
2. Use cryo-cuff or ice bag given to you at the hospital 3-4 times per day for 20-30 minutes at a time for 1 week, and then as needed.
3. You may ice and elevate your leg to decrease swelling.
4. You may walk with crutches or walker without putting any weight on the leg that was operated on for approximately 2 weeks while wearing IROM brace.
5. Your brace will be locked until the first post op appointment and then adjusted during the visit.
6. If your right knee was operated on, you may not drive for at least 2 weeks.
7. You may start taking all of your previous medications after surgery.
8. You will return to the clinic 10 – 14 days after surgery to have your stitches removed and for a post-operative check up.
9. Physical therapy will contact you prior to surgery to set up rehab to start 2 to 3 days after surgery.

Note: Any paperwork that needs to be filled out for disability needs to be dropped off at the front desk. The fees for paperwork are posted at the checkout counter. Payment must be received before papers will be filled out. Allow 5-7 business days to complete.