



Dr. Aryn Rajani

M.S Orth (Gold Medallist)
Consultant Knee, Shoulder & Hip Surgeon
Specialist in Arthroscopy, Sports Injury
& Robotic Joint Replacement

Name: _____

Date: _____

DO's and DON'Ts after Complex Meniscus surgery

- Avoid bending your knee beyond 90 degrees until advised.
- Apply ice 5-6 times a day to the front and sides of the knee where bone can be felt.
- Use hot packs 4-5 times a day for stiffness and heaviness around the knee.
- Apply hot packs to the front and back of the thigh, calf, and fleshy parts.
- Mobilize your knees if there is pain instead of resting.
- Take medications as prescribed in the discharge summary.
- Change dressing only if there is oozing; sutures will be removed at 15 days.
- Shower or sponge bath permitted, but keep dressing and wound area dry
- Cover dressing with cling drape if showering.
- Engage in supervised walking 3-4 times a day.
- Use a walker without wheels for walking without weight on the operated limb until 4 weeks post-surgery.
- Avoid placing a pillow under the knees.
- Expect morning stiffness and stiffness when beginning to walk, which will subside after a few steps.
- Perform exercises as frequently as possible.
- Ensure the room is well-lit and free of mats to prevent falls.
- Expect bluish-black bruises or skin discoloration around the operated site, which will subside; ice application helps.
- Contact us if there is bleeding or ooze from the dressing for assistance.



ICE PACK FOR KNEE



**HOT WATER BAG
FOR THIGHS**



**WALKING WITH
WALKER**

For any other queries, please do not hesitate to contact the OAKS Clinic Team:

Dr. Vishal Kulkarni (Consultant Orthopaedic Surgeon): 9820009337,

Dr. Meenakshi Punamiya (Chief Rehab Specialist), 9619153529,

Feel free to leave a message if we're unavailable, and we'll respond promptly



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For Appointments

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