



Dr. Aryn Rajani

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

Name: _____

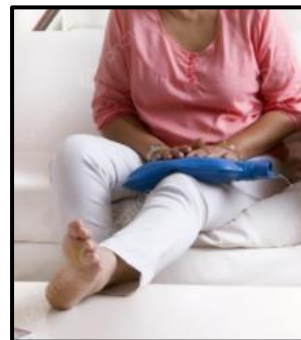
Date: _____

DO's and DON'Ts after Simple Meniscus surgery

- Apply ice 5-6 times daily on the front and sides of the knee where bone can be felt.
- Use hot packs 4-5 times a day for knee stiffness and heaviness, also on the front and back of the thigh, calf, and fleshy parts.
- Change dressing only if there's oozing; sutures out at 15 days.
- Shower or sponge bath allowed, but keep dressing and wound area dry; use cling drape to cover dressing while showering.
- Mobilize knees if experiencing pain rather than resting.
- Follow medication timings as prescribed.
- Supervised walking required 3-4 times daily.
- Use a walker if needed until advised, without wheels.
- Avoid placing a pillow under knees.
- Expect morning stiffness, relieved after walking a few steps; dangling legs reduces stiffness.
- Perform exercises, including knee bending, multiple times daily.
- Ensure well-lit room without mats to prevent falls.
- Normal bruising or discoloration around the operated site will subside; ice application helps.
- Contact us if there is bleeding or ooze from the dressing for assistance.



ICE PACKS FOR KNEE



**HOT WATER BAG
FOR THIGHS**

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



707, Panchsheel Plaza, Next to Dharam Palace
Hughes Road, Gamdevi, Mumbai- 400007.

Patient Coordinator : +91 88989 75355

Surgery Coordinator: +91 98202 09137



For Appointments

+91 22 23619137 | +91 88989 75355

E-mail: dramrajani@gmail.com

www.dramynrajani.com | www.oaksclinic.net