



**Columbia University  
Shoulder, Elbow and  
Sports Medicine Service**

**Louis U. Bigliani, MD**  
Office (212) 305-5564  
Fax (212) 305-0999

**Christopher S. Ahmad, MD**  
Office (212) 305-5561  
Fax (212) 305-4040

**Edwin R. Cadet, MD**  
Office (212) 305-4626  
Fax (212) 305-4040

**William N. Levine, MD**  
Office (212) 305-0762  
Fax (212) 305-4040

**Appointment Scheduling**  
(212) 305-4565

**Mailing Address:**  
622 West 168<sup>th</sup> Street, PH-11  
New York, NY 10032

**Office Locations:**  
New York, NY 10022

161 Ft. Washington Ave  
New York, NY 10032

500 Grand Avenue  
Englewood, NJ 07631

## Frequently Asked Questions Patients Often Have Following Knee Surgery (Meniscus)

### 1. How long will I have to use crutches?

Meniscectomy: no crutches  
Meniscal repair: 4 weeks

### 2. When will I start physical therapy and for how long will I attend?

*Meniscectomy:* you will start the week of your surgery- minimum of 6 weeks

*Meniscal Repair:* may begin straight-leg raises on your own the week of surgery. Begin formal physical therapy 4-5 weeks after surgery- minimum 3 months.

### 3. When will my first follow-up appointment be and how often will I need to see the doctor?

Your first follow-up appointment will be within 1-2 weeks after surgery. Your surgeon will inform you of how frequently he will need to see you, depending on your progress with therapy.

### 4. When can I drive?

*Meniscectomy:* when you feel comfortable doing so and are no longer taking narcotic pain pills. *Meniscal repair:* Right knee-when you have regained full use of your leg and are no longer taking narcotic pain pills. Left knee-as soon as you are no longer taking narcotic pain pills.

### 5. When can I play sports again?

You will not be allowed to play full contact sports again for at Least 3 months after your surgery.

### 6. When can I shower?

You may remove the bulky dressing 24 hours after surgery. Please leave the steri-strips (small thin strips) over your wound as these will be removed during your first post-op visit. You may shower 24 hours after surgery.

**For all questions regarding the care of your sling (adjusting it, cleaning it, etc.) or the use of your cryocuff, you may contact East Coast Orthotics at 631-254-5577 and they will be happy to help you.**