



Knee Meniscus Repair Post-Operative Patient Instructions

DIET

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated.

WOUND CARE

- Maintain your operative dressing, loosen bandage if swelling of the foot occurs.
- It is normal for the knee to bleed and swell after surgery. If blood soaks through the bandage, do not become alarmed, reinforce the bandage with additional dressings.
- **Your first dressing change will be at the initial post-operative visit.** This will typically occur 7-14 days after your surgery. You will receive further wound care instructions during your first post-operative visit.
- **To avoid infection, keep surgical dressings clean and dry.** If you'd like, you may shower by placing a large plastic bag over your knee beginning the day after surgery. Sponge bathing is an acceptable alternative to showering if you are concerned you will not be able to keep the surgical dressings dry in the shower.
- After the initial dressing change, it is ok to shower with warm water and soap. Do not scrub or soak the wound. • **Do not submerge** the surgical site in water until given approval by your surgical team. This includes baths, tubs, pools, or other bodies of water.
- Please do not place any ointments, lotions, or creams directly over or around the incisions.

MEDICATIONS

- You may receive a preoperative nerve block or, alternatively, local anesthetics may be injected into the surgical site and knee joint at the time of surgery. The effects of anesthesia will usually wear off within 8-12 hours and it is not uncommon for patients to encounter more pain on the first or second day after surgery when swelling peaks.
- Most patients will require some narcotic pain medication for a few days post-operatively – please follow the medication instructions on the bottle.
- Common side effects of pain medication are nausea, drowsiness, and constipation. To decrease side effects, take the medication with food. If constipation occurs, consider taking an over the counter laxative and/or stool softener. • If you are having problems with nausea and vomiting, contact the office. It may be necessary to change your medications.
- Do not drive a car or operate machinery while taking narcotic pain medication.
- Please avoid alcohol use while taking narcotic pain medication.
 - If you are having pain that is not being controlled by the pain medication prescribed, you may take an over the counter anti-inflammatory medication such as ibuprofen or naproxen in between doses of pain medication. This will help to decrease pain and decrease the amount of narcotic medication required. Please take as directed on the bottle.
- For 2 weeks following surgery take one aspirin daily to lower the risk of developing a blood clot after surgery. Please contact the office should you experience severe calf pain or significant swelling of the calf or ankle occurs.

ACTIVITY

- You will be given crutches to help you walk without putting weight on your operative leg. You may touch your toes to the ground for balance, but do not put weight on the operative leg for 4-6 weeks unless otherwise instructed by your surgeon.
- The knee brace should be locked in extension while you are walking. When you are resting at home you should unlock the hinged knee brace and move the knee through a 0° to 90° range of motion 4 times per day to prevent knee stiffness. • Brace should be worn at night and locked in extension while sleeping.
- Elevating the leg for 30 to 45-minute intervals periodically throughout the day will help decrease swelling. Be sure to wear your hinged knee brace even in these positions. Do not place a pillow behind the knee while elevating as it may prevent you from achieving full extension.
- It is okay to remove the hinged knee brace ONLY for hygiene and dressing.
- Do not engage in activities which increase pain/swelling.



ACTIVITY cont.

- Avoid long periods of sitting or long distance traveling for 2 weeks.
- NO driving until instructed otherwise by physician.
- It is okay to return to **sedentary work** or **school** after post-operative day 3-4 if knee pain is tolerable.

KNEE BRACE

- Your hinged knee brace should be worn at all times (except when performing personal hygienic care). ● The hinged knee brace should be locked in extension when walking and sleeping.

ICE THERAPY

- Icing is important in the initial post-operative period and should begin immediately after surgery. ● Use ice packs for 30-45 minutes every 2 hours daily until your first post-operative visit.
- Care should be taken with icing to avoid frostbite to the skin. Do not place ice directly against skin, use a towel or blanket between ice and your skin to minimize risk of frostbite.
- You do not need to wake up in the middle of the night to ice unless you are uncomfortable.

EXERCISE

- Discomfort and knee stiffness are normal for a few weeks following surgery.
- Perform your home exercises (straight leg raises, quad sets, knee bends) and move the knee through a 0° to 90° range of motion 4 times per day to prevent knee stiffness.
- Do ankle pumps continuously throughout the day to reduce the possibility of a blood clot in your calf. ● Formal physical therapy (PT) typically begins after your first post-operative visit.

EMERGENCIES

Please contact our clinic at 310-310-2729 or go to the nearest emergency room for any of the following:

- Painful swelling or numbness (note that some swelling and numbness is normal).
- Unrelenting pain.
- Chills or Fever over 101° – it is normal to have a low-grade fever for the first day or two following surgery ● Redness around incisions.
- Color change in distal arm and/or hand.
- Continuous drainage or bleeding from incision (a small amount of drainage is expected).
- Difficulty breathing.
- Excessive nausea/vomiting.
- Calf pain.
- For any emergencies requiring immediate attention proceed to the nearest emergency room.

FOLLOW-UP CARE/QUESTIONS

- Our post-operative care coordinators will contact you with the date and time of your initial post-operative appointment in the days immediately following surgery. If you do not receive your post-operative appointment within the first week, please contact the **MM Orthopaedics at 310-310-2729** to schedule an appointment.
- The initial post-operative appointment following surgery is usually scheduled 7-14 days following surgery. ● The first post-operative appointment will be to assess the wound, go over post-operative protocol, and answer any questions you may have regarding your procedure.
- For any further questions contact **MM Orthopaedics at 310-310-2729**.