



Meniscal Transplant: Post- Operative Instructions

- 1) **Review** the operative findings, procedures and photos.
- 2) Make sure **medications** are effective and not causing problems.
 - a) **Toradol (ketorolac)** for pain and inflammation. You may take one tablet every 8 hours. This medication should be taken **ONLY** for the first two days. If you have had any problems, allergies or stomach intolerance stop taking these medicines and please tell us!
 - b) **Keflex (cephalexin)** this is an antibiotic to be taken as a prophylactic or preventative medicine once every 8 hours for 3 days. If you have a penicillin allergy this will be replaced by other options.
 - c) **Mupirocin Ointment**—continue to apply twice per day with Q-tip to nasal cavities (rim of nose/nostril) x 2 more days.
 - d) **Ultracet (tramadol/acetaminophen)** this is a pain medication that contains acetaminophen or Tylenol. You should not combine Ultracet with Tylenol to prevent overdosing of acetaminophen. It is okay to combine this medication with anti-inflammatory medications (NSAIDs) such as Advil or Aleve.
 - i) Directions for use: We recommend 1-2 tablets to be taken every 6 hours as needed for moderate-severe pain. You should not take more than 8 pills per day. NOTE: You may switch to extra strength Tylenol at any time if your pain is under reasonable control.
- 3) **Wound Care:**
 - a) Today we will change your dressings and remove the drain. We will re-dress the incisions with gauze and an ACE bandage for the first week. If you continue to bleed you will need to change the gauze from this dressing, otherwise leave the dressings on without changing.
 - b) The white stocking will stay on for 1 week.
 - c) **Please keep the incisions as dry as possible.** To shower you will need to cover the gauze and ACE wrap with a plastic bag so that the incisions do not get wet. We will waterproof the incision site once the sutures have been removed.
- 4) **Exercises and Physical Therapy**
 - a) Continue the basic exercises 4x/day
 - b) Keep the knee immobilizer locked in extension for 1 week until your stitches are taken out.
 - c) Gentle ROM with the CPM will be started at 2-3 weeks post-op.
 - d) Schedule physical therapy at 6 weeks post-op.
- 5) **Crutches**
 - a) Make sure that you use your crutches for 3 weeks or more.
- 6) **Follow up appointments**



- a) Schedule follow up visit approximately 7-10 days after your surgery for Suture removal. The next appointment will be at 6 weeks' post-surgery.
- 7) **Notes etc:**
- a) Make sure you have all necessary notes and documentation for school or work.