# POSTOPERATIVE INSTRUCTIONS MENISCUS REPAIR

#### 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 and ankle occurs
- ➤ It is normal for the knee to bleed and swell following surgery if blood soaks onto the ACE bandage, do not become alarmed reinforce with additional dressing
- Remove surgical dressing on the third post-operative day if minimal drainage is present, apply band-aids or a clean dressing over incisions and change daily you may then shave as long as the wounds remain sealed with the band-aid
- To avoid infection, keep surgical incisions clean and dry you may shower by placing a large garbage bag over your brace starting the day after surgery NO immersion of operative leg (i.e. bath)

#### **MEDICATIONS**

- ➤ Pain medication is injected into the wound and knee joint during surgery this will wear off within 8-12 hours
- ➤ Most patients will require some narcotic pain medication for a short period of time this can be taken as per directions on the bottle
- ➤ Common side effects of the pain medication are nausea, drowsiness, and constipation to decrease the side effects, take medication with food if constipation occurs, consider taking an over-the-counter laxative
- ➤ If you are having problems with nausea and vomiting, contact the office and ask for **Dr. El-Gazzar** at **newedgeorthopedics@gmail.com** or **(201) 985-8967** to possibly have your medication changed
- ➤ Do not drive a car or operate machinery while taking the narcotic medication
- ➤ Ibuprofen 200-400mg (i.e. Advil) may be taken in between the narcotic pain medication to help smooth out the post-operative 'peaks and valleys', reduce overall amount of pain medication required, and increase the time intervals between narcotic pain medication usage

#### **ACTIVITY**

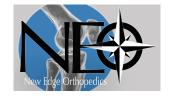
- Elevate the operative leg to chest level whenever possible to decrease swelling
- > Do not place pillows under knees (i.e. do not maintain knee in a flexed or bent position), but rather place pillows under foot/ankle
- ➤ Use crutches to assist with walking you are not to bear more than 50% of your weight on the operative leg unless otherwise instructed by the physician. No squatting >90°
- ➤ Do not engage in activities which increase knee pain/swelling (prolonged periods of standing or walking) over the first 7-10 days following surgery
- Avoid long periods of sitting (without leg elevated) or long distance traveling for 2 weeks
- ➤ NO driving until instructed otherwise by physician
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable

## **BRACE** (If prescribed)

- Your brace should be worn fully extended (straight) at all times (day and night except for exercises) until otherwise informed by the physician after first post-operative visit
- Remove brace for flexion (bending) and other exercises done in a non-weight bearing position (i.e. lying or sitting)

### **ICE THERAPY**

> Begin immediately after surgery



➤ Use icing machine continuously or ice packs (if machine not prescribed) every 2 hours for 20 minutes daily until your first post-operative visit – remember to keep leg elevated to level of chest while icing

#### **EXERCISE**

- > Begin exercises 24 hours after surgery (straight leg raises, quad sets, heel slides, and ankle pumps) unless otherwise instructed
- Discomfort and knee stiffness is normal for a few days following surgery it is safe and, in fact, preferable to bend your knee (unless otherwise instructed by physician)
- Complete exercises 3-4 times daily until your first post-operative visit your motion goals are to have complete extension (straightening) and 90° of flexion (bending) at your first post-operative visit unless otherwise instructed
- ➤ Do ankle pumps continuously throughout the day to reduce the possibility of a blood clot in your calf (extremely uncommon)
- Formal physical therapy (PT) will begin after your first post-operative visit

#### **EMERGENCIES\*\***

- ➤ Contact **Dr. El-Gazzar** or his office **New Edge Orthopedics** at **newedgeorthopedics@gmail.com** or **(201) 985-8967** if any of the following are present:
  - Painful swelling or numbness
  - Unrelenting pain
  - Fever (over 101° it is normal to have a low grade fever for the first day or two following surgery) or chills
  - Redness around incisions
  - Color change in wrist or hand
  - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
  - Difficulty breathing
  - Excessive nausea/vomiting

