**MENISCUS REPAIR POSTOPERATIVE INSTRUCTIONS**

**WOUND CARE:**

**WHAT IS COVERING MY KNEE?**

YOUR KNEE IS COVERED IN LAYERS: THE DEEPEST LAYER CONSISTS OF SMALL STERILE TAPES CALLED STERI- STRIPS THAT COVER THE PORTALS AND INCISION(S). ON TOP OF THAT IS A SMALL STRIP OF VASELINE GAUZE. THEN COME GAUZE PADS AND FINALLY AN ACE WRAP AND YOUR BRACE.

**WHEN DO I REMOVE MY DRESSINGS AND WHAT DO I TAKE OFF?**

ON THE FIFTH DAY AFTER SURGERY, YOU MAY REMOVE THE ACE WRAP, THE GAUZE PADS AND THE VASELINE STRIP, BUT DON’T PULL THE STERI-STRIPS OFF UNLESS THEY INADVERTANTLY COME OFF WITH EVERYTHING ELSE. DO NOT TOUCH YOUR STITCHES. IF THE STERI-STRIPS ARE STILL ON, IT IS NORMAL FOR THEM TO BE BLOOD ENCRUSTED. YOU CAN COVER THEM WITH BAND-AIDS AND CHANGE THE BAND-AIDS DAILY UNTIL YOU ARE SEEN POST-OPERATIVELY IN THE OFFICE. IF THE STERI-STRIPS HAVE FALLEN OFF WHEN THE DRESSING HAS BEEN REMOVED, THAT IS OK BECAUSE YOU DID NOT PULL THEM OFF. IN THIS SITUATION, COVER THE ACTUAL PORTALS WITH BAND-AIDS AND CHANGE DAILY UNTIL YOU ARE SEEN POST-OPERATIVELY IN THE OFFICE.

**WHEN CAN I SHOWER?**

KEEP YOUR INCISIONS DRY UNTIL THE FIRST POSTOPERATIVE VISIT.

**ICE**  
KNEE SWELLING IS EXPECTED! WE SUGGEST THAT YOU APPLY ICE TO THE FRONT PORTION OF THE KNEE ON TOP OF THE ACE BANDAGE FOR THE FIRST FIVE DAYS 20 TO 30 MINUTES EVERY FEW HOURS. THE ICE SHOULD BE SEALED IN A PLASTIC BAG AND THE BAG PLACED IN A TOWEL TO KEEP THE DRESSING DRY.

**MEDICATIONS:**

YOU MAY RECEIVE SEVERAL MEDICATIONS FOLLOWING SURGERY:

1. ANTI-INFLAMMATORY MEDICATION (CELECOXIB/CELEBREX) – THIS MEDICATION HELPS WITH PAIN AND SWELLING. TAKE IT AS NEEDED FOR PAIN ACCORDING TO THE LABEL ON THE MEDICATION.
2. TYLENOL (ACETAMINOPHEN) – THIS MEDICATION HELPS WITH PAIN. TAKE IT AS NEEDED FOR PAIN ACCORDING TO THE LABEL ON THE MEDICATION.
3. NARCOTIC (OXYCODONE) – THIS IS THE STRONGEST MEDICATION FOR PAIN. TAKE THIS FOR BREAKTHROUGH PAIN.
4. ANTIBIOTIC (CEPHALEXIN) – TAKE THIS REGULARLY UNTIL THE MEDICATION IS COMPLETED.

**POST-OPERATIVE EMERGENCIES & CONCERNS:**

**HEART, LUNG, CALF PROBLEMS**

IF YOU DEVELOP CHEST PAIN, SHORTNESS OF BREATH OR SIGNIFICANT CALF PAIN, YOU MUST GO TO THE NEAREST EMERGENCY ROOM.

**BLEEDING OR DRAINAGE**  
SOME BLEEDING AND DRAINAGE IS EXPECTED. IF THE ACE BANDAGED BECOMES STAINED, APPLY ANOTHER ONE ON TOP (NOT TOO TIGHT). IF THIS DOESN’T WORK AND YOU THINK THAT THE DRAINAGE IS EXCESSIVE, CALL THE OFFICE.

**FEVER**  
IF YOU HAVE A TEMPERATURE GREATER THAN 101 DEGREES ON MORE THAN ONE READING 48 HOURS OR MORE AFTER SURGERY, CALL THE OFFICE.

**SWELLING**  
SWELLING, NUMBNESS, COLDNESS AND TINGLING IN THE FOOT ARE USUALLY AN INDICATION THAT THE ACE BANDAGE IS TOO TIGHT. LOOSEN IT AND ELEVATE YOUR LEG! I F THIS DOES NOT REDUCE YOUR SWELLING, CALL THE OFFICE.

**UNRELENTING PAIN**  
IF SEVERE PAIN REMAINS 48 HOURS AFTER SURGERY, CALL THE OFFICE.

**GOING TO THE BATHROOM:**

TYPICALLY, PATIENTS WILL HAVE URINATED PRIOR TO LEAVING THE HOSPITAL. IF YOU FIND IT DIFFICULT TO URINATE WHEN YOU ARE AT HOME BY THE EVENING HOURS, PLEASE CALL US OR SIMPLY GO TO THE EMERGENCY ROOM. THIS IS TRUE FOR PATIENTS WITH OR WITHOUT A HISTORY OF PROSTATE DISEASE OR BLADDER PROBLEMS.

**POST-OPERATIVE BRACE**

**WHEN YOU ARE WALKING, YOUR BRACE SHOULD BE LOCKED IN FULL EXTENSION. WHEN YOU ARE SITTING OR LYING DOWN, THE BRACE CAN BE UNLOCKED OR REMOVED. SOME PATIENTS WISH TO SLEEP WITH THEIR BRACE ON - THIS IS FINE. SOME PATIENTS WISH TO SLEEP WITH THEIR BRACE OFF - THIS IS ALSO FINE AS LONG AS YOUR CRUTCHES ARE BY YOUR BEDSIDE. THE BRACE MUST BE WORN WHILE WALKING FOR FOUR WEEKS FOLLOWING SURGERY.**

**WHEN CAN I PUT WEIGHT ON MY LEG? WHEN CAN I GET RID OF MY CRUTCHES?**

YOU CAN PUT AS MUCH WEIGHT ON YOUR LEG AS YOU CAN TOLERATE. THE CRUTCHES ARE TO HELP YOU IN THAT REGARD. WHEN YOU ARE COMFORTABLE, YOU MAY DISCONTINUE THE CRUTCHES AS LONG AS YOU WALK WITH THE BRACE LOCKED IN EXTENSION. THE TYPICAL TIME FRAME FOR CRUTCHES IS 1-2 WEEKS.

**HOW CAN I GO UP AND DOWN STAIRS?**

YOU CAN DO THIS “NORMALLY” OR SLIDE UP AND DOWN ON YOUR BUTTOCKS.

**POST-OPERATIVE HOME EXERCISES**

IMMEDIATELY AFTER SURGERY, YOU SHOULD BEGIN RANGE OF MOTION EXERCISES FOR YOUR ANKLE (ANKLE PUMPS), FLEXING YOUR ANKLE UP AND DOWN. THIS HELPS THE VENOUS CIRCULATION IN YOUR LEG. THESE SHOULD BE PERFORMED EVERY HOUR WHILE AWAKE FOR THE FIRST FEW DAYS.

**WHEN DO I BEGIN PHYSICAL THERAPY?**

YOU SHOULD SCHEDULE A PHYSICAL THERAPY APPOINTMENT WITHIN ONE WEEK FOLLOWING YOUR SURGERY. PHYSICAL THERAPY PROTOCOLS SHOULD BE GIVEN TO YOU AT DISCHARGE, AND YOU CAN ALSO OBTAIN A COPY AT WWW.DRPANDARINATH.COM

**WHEN CAN I DRIVE?**

YOU CAN DRIVE WHEN YOU ARE COMFORTABLE TO USE THE BRAKE AND GAS PEDAL AND BE OFF ALL PAIN MEDICATION. REMOVE OR UNLOCK YOUR BRACE TO DRIVE. **DO NOT DRIVE UNDER THE INFLUENCE OF YOUR POST-OPERATIVE PAIN MEDICATION!**

**IS THERE A RESTRICTION ON SEXUAL ACTIVITY?**

NO

***OTHER QUESTIONS? GIVE US A CALL.***

***RAJEEV PANDARINATH, MD***