

## Postoperative Instructions: Knee Meniscal Repair

### When You Get Home:

Rest for the remainder of the day.

Be Safe- stay in the care of responsible adult the first 24 hours.

Elevate the leg on 1 or 2 pillows for the first 2 days.

Use Ice as much as possible:

20 minutes on/20 minutes off for regular ice packs/frozen peas, with a towel or cloth between you and the Ice

If you are using a Cold Therapy unit, use it according to the manufacturer's instructions.

### Pain Medication:

Take your pain medication- it's better to stay ahead of the pain.

Oral Narcotic pain medicines (Vicodin/Hydrocodone, Percocet, Tramadol, Codeine) help with pain, but can cause:

Drowsiness: Be Safe, don't drive, operate machinery, don't mix it with alcohol.

Stomach upset: Take with food, or try over the counter Zantac or Tums.

Constipation: Drink enough fluids, use fiber supplements (Metamucil, Senokot)

Take Prune juice or Milk of Magnesia if still constipated after 2 days

You may take anti-inflammatory medication to help with pain and swelling.

Some patients are prescribed Toradol (Ketorolac): take every 6 hours for 4 days.

Ok to take with Pain Medications, not with other anti-inflammatories

After 4 days of Toradol, you can take other anti-inflammatory medicines like:

Ibuprofen (Advil, Motrin), Naproxen (Aleve), Lidocaine, Mobic, Celebrex

Go easy on the anti-inflammatory medications if you have stomach problems.

### Activities and Restrictions:

You HAVE TO wear the knee brace and use crutches for 4 weeks.

The knee has to keep straight for 4 weeks to allow the repaired meniscus to heal.

You may remove the brace only if your knee is completely straight and resting on the couch or bed.

No weightbearing on the leg for 4 weeks.

You may rest the weight of the foot on the ground if you are standing.

You may get up to the bathroom or kitchen, but avoid being up too long (causes swelling).

Wait for several weeks before being up for hours at a time.

Driving: Only after you are SAFE, which means:

Off pain medications.

Able to control a vehicle safely- get foot from gas to brake and press hard.

This usually takes about 1-2 weeks, sometimes longer- Use good judgment.

### Dressing and Wound Care:

Keep the surgical dressing on for 2 days.

Then you may unstrap the brace, remove the dressing, take a shower.

Try sitting in a plastic chair in your shower, keeping the knee straight.

It's okay for the incisions to get wet, just gently dab them dry.

Then put new gauze dressings or square band-aids over the incision, and strap your brace back on.

Keep using the white stocking until your first postoperative visit at one week.

No bath/pool/hot tub (putting the knee underwater) for 2 weeks.

### Exercises: Begin gentle exercises:

Tighten and release your thigh and calf muscles (called Isometric exercises).

You can gently move your hip and ankle to keep them flexible.

### Problems or Questions? Call us at 925.600.7020

Feel free to call us if you have any concerns, or if you have any:

Unrelenting pain, or increasing swelling or numbness, or high fever (above 101.5)

Continuous drainage or bleeding that is soaking your dressing

Chest pain, shortness of breath