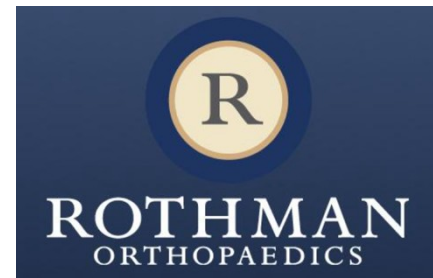


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Meniscal Repair Discharge Instructions

What is the recovery period like?

- Brace
 - You will wear a long brace on your leg, known as a Hinged knee brace, and use crutches. You will wear the brace day and night, locked straight for 6 weeks.
 - While resting, it is ok to remove brace. However, brace must be worn while sleeping or bearing any weight.
- Weight bearing precautions
 - Immediately after surgery you will have crutches with the brace locked straight. You may not put any weight on the surgical leg until the first post-op visit, day 10-14.
 - After the first post-op visit, you'll be informed how much weight you can put on the leg. Commonly you will not put weight on the knee for 4-6 weeks
- Physical Therapy
 - You will **start formal PT as soon as you feel comfortable**, typically within the first week of surgery, just prior to your first post-op visit. You will go 2x/wk for about 4-6 months.
 - Prior to surgery, you should schedule your first appointment with PT. Please contact the office for recommended PT offices.
 - Dedication and attendance to your sessions are critical to your recovery.
 - In addition to formal PT, do the following home exercises:
 - Quad strengthening: start with quad sets, then transition to straight leg raises
 - Quad sets: 3 sets of 10 performed four times a daily.
 - Sit or lie on your back with leg straight. Tighten your quadriceps muscle on the front of the thigh. Hold for 3 seconds, relax.
 - Straight Leg Raises: 3 sets preformed four times daily.
 - Lie on your back with leg straight, flat on the bed. Start by tightening your quads, lift your leg off the bed until your heel isn't touching it anymore. Lower your leg down. Repeat as tolerated, work up to 10.
 - Heel pumps: 3 sets preformed four times daily.
 - Sit or lie on your back with leg straight. Bend your foot up and down at your ankle joint, pumping the foot. Complete 10 pumps.
- Driving
 - You may not drive while taking pain medication. Additionally, if it is your right knee, you will not be able to drive for approximately 6 weeks after surgery.

INSTRUCTIONS FOR IMMEDIATELY AFTER SURGERY:

- Activity
 - Apply ice to your knee but keep the bandages dry
 - Elevate your leg on 2-3 pillows or rolled up towels placed under the **heel** so that the heel is elevated higher than your knee. This will help reduce swelling and achieve full extension of the knee. **Avoid pillows under the knee.**

- For the first 1-2 weeks after surgery, the **most important goal is to regain the ability to fully straighten the knee**. It is much more important initially than being able to bend the knee.
- Follow the weight bearing precaution guidelines above.
- Start your home exercise program
- Bandage and Incision Care
 - Under your brace is an ace wrap- leave this ace wrap on for the first 2-3 days. You may then remove the ace wrap. Underneath of the ace wrap you will see a dressing. Remove the dressing. You may see yellow squares called Xeroform. You can remove the Xeroform.
 - You will see black suture used to close the skin incision. These will be removed at your first post-operative visit.
 - You may place regular or water proof band-aids on top of these incision sites. Keep incision sites clean and dry until you are seen for your first post-operative visit.
 - You may re-apply the ace wrap as this helps to decrease swelling.
 - Do not apply creams, ointments, or lotions to your incisions for at least 3 weeks.
- Showering
 - You may shower after you have removed the ace wrap. You should wrap the leg in saran wrap or plastic bag to provide an extra waterproof layer.
 - **Do not get the incision (or brace) wet**, however, if you had a repair you must wear the brace when standing. You should use a shower chair, or if you have a bathtub-shower, you can sit in the tub. If you take a bath, keep the leg out of the bath. The leg should not be submerged.
- Normal sensations after surgery
 - Pain
 - Swelling and warmth up to 2 weeks
 - Small amounts of bloody drainage for first few days
 - Numbness around the incision area
 - Bruising
 - Low grade temperature less than 101.0 for up to 2 days after surgery.
 - Small amount of redness to the area where the sutures insert in the skin
- **IF ANY OF THE FOLLOWING OCCUR, CONTACT THE OFFICE IMMEDIATELY**
 - Calf pain or ankle swelling in either leg
 - Change is noted to your incision (i.e. increased redness or drainage)
 - Temperature greater than 101.0
 - Fever, chills, nausea, vomiting or diarrhea
 - Sutures become loose or fall out and incision becomes open
 - Drainage becomes yellow, puss like or foul smelling
 - Increased pain unrelieved by medication or measures mentioned above.
- Post-op visit
 - Please ensure that you have a post-op visit scheduled for 10-14 days after surgery.

PAIN MANAGEMENT

- **ORAL PAIN MEDICATIONS**
 - Tylenol 500 mg
 - Start by taking one tablet every four to six hours when you arrive home after surgery so you have some medication on board when the block wears off. You should take this on a regular schedule for the first few days after surgery
 - Naproxen 500 mg
 - Take one tablet twice per day to help with pain and inflammation. You will take this for 2 weeks.

- You should take this medication with food
- Tramadol 50 mg
 - This is a non-narcotic pain medication.
 - You may take one tablet every 4-6 hours as needed for moderate level pain (pain level 4-7)
- Oxycodone 5 mg
 - This is a narcotic medication.
 - You may take this medication if the Tylenol and Tramadol are not controlling your pain.
 - You may take one to two tablets every 4-6 hours as needed for severe pain (pain level 8-10).

SIDE EFFECTS OF THESE MEDICATIONS INCLUDE DROWSINESS AND CONSTIPATION. YOU SHOULD NOT DRIVE OR DRINK ALCOHOL WHILE TAKING THESE PAIN MEDICATIONS.

- **OTHER MEDICATIONS**

- Aspirin 81mg
 - This medication is used to prevent blood clots. It should be taken twice a day for 4 weeks.
- Zofran 4mg
 - This is a nausea medication that is only taken if you feel nauseous.
 - You may take one tablet every 8 hours as needed.
- Prilosec/Omeprazole
 - This medication is to protect your stomach while you are on the Naproxen and aspirin
- Colace 100mg
 - This medication is for constipation.
 - Take this medication twice daily as needed for post-operative constipation.

- **ICE MACHINE**

- Recommend using **1 hour on, 1 hour off for the first 2 days after surgery** *while awake*
- Do not place pad directly on skin – make sure there is a barrier such as a t-shirt or towel
- After the first 2 days you may use the ice machine as needed for comfort
- If you did not opt for the ice machine, you may use ice packs on the surgical area for 20-30 minutes every 1-2 hours