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Orthopaedic Surgery and Sports Medicine

PATIENT STICKER

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**POST-OPERATIVE INSTRUCTIONS – MENISCAL REPAIR**

**DAY OF SURGERY:**

1. Ice will be placed on your knee in the recovery room. For the first 24 hours following surgery, keep the ice on as much as possible except when you go to bed. This will help reduce the swelling and minimize the pain.
2. Your brace will be applied in the operating room. You must wear the brace, locked, for 3-4 weeks when walking. You must wear the brace locked while sleeping and showering for the first 4 weeks, as well. You may unlock it for short periods when you are sitting or doing exercises.

3. There are exercises included that you can begin on the first or second postoperative day. To protect the meniscus do not bend the knee past 60 degrees for two weeks and 90 degrees for four weeks (brace is set accordingly). To unlock the brace, release the red tabs on side of brace.

4. Keep your leg elevated to decrease swelling, which will then in turn decrease your pain. When in bed, your leg should be straight with a pillow under the calf, NOT under the knee.

1. Prescriptions for pain medication and an anti-inflammatory will be given to you when you leave. You should avoid taking pain medications on an empty stomach, as it will make you nauseous. Otherwise, use the pain medication as needed. Use Aleve or ibuprofen as needed to reduce the swelling after surgery.

**DAY 1 AND UNTIL FIRST POST-OP VISIT:**

1. The ice will aid in decreasing pain and swelling. Apply the ice for 30-40 minutes at least 4 times per day for the first few days. Then use it 2-3 times a day. You may use the ice more frequently if you are having continued pain and swelling.

2. Remove the bandages 48 hours after surgery and apply bandaids to the wounds. Do not remove the white steri-strip tape over the incisions. Re-apply clean Band-Aids over the incisions until the wounds are completely dry. Do not put anything including bacitracin or ointments on or near the incisions. Use the ace wrap to decrease swelling but do not wrap it too tightly.

3. You may shower 48 hours after surgery but **Do Not** get the incisions wet. Wrap your knee with plastic wrap and secure it with tape around your thigh. Then, place the brace on and cover it using a cast bag or a garbage bag with a hole in the bottom for your foot. Secure it with tape around your ankle and thigh. If your incisions do get wet, pat them dry and re-apply fresh Band-Aids.

1. Use the crutches while standing and walking so that you putting no weight on your operated leg for the first 2 weeks. Partial, toe-touch weight bearing is allowed for weeks 2-6.

5. Continue doing the exercises 2x per day. Begin physical therapy 3-5 days after your surgery.

1. Do not drink alcoholic beverages or take illicit drugs when taking pain medications.
2. You may return to sedentary work/school in the next couple of days when you feel up to it. You will need to keep your leg elevated as much as possible.

8. Call the office tomorrow with any questions, and make an appointment to have your wound checked in 7-10 days.

## MISCELLANEOUS INFORMATION

1. There may be some bleeding and fluid leaking from the incision site. This is normal after this type of surgery. This may continue for 24-36 hours. You may change and/or reinforce the bandages as needed. **Do Not** remove the white steri strip tapes covering the lower incision even if they are slightly wet or bloody.

2. There will be MORE swelling on days 1-3 than there is on the day of surgery. This also is normal. The swelling will decrease with the anti-inflammatory medication, ice, and keeping it elevated. The swelling will make it more difficult to bend your knee. As the swelling goes down your motion will become easier.

3. You may develop swelling and bruising that extends from your knee down to your calf and perhaps even to your foot over the next week. Do not be alarmed. This too is normal, and it is due to gravity.

1. There may be some numbness adjacent to the incision site. This may last for 6-12 months.
2. It is also normal to develop a low-grade fever after surgery (up to 100.5°). This can last 2 days after surgery.
3. IF THERE ARE ANY QUESTIONS, FEEL FREE TO CALL THE OFFICE.