

Moore Orthopedic Clinic Outpatient Surgery Center

Post-Operative Instructions for Meniscus Repair

Dr. Frank K Noojin, III

803-296-9320 or 803-296-9200 (afterhours)

Pain: A medication has been prescribed for your pain. **Begin taking the pain medication once you arrive at home.** You may also take ibuprofen (as directed) for inflammation as needed (unless allergic/sensitive or already taking). Wean yourself from the pain medications when ready. If you have trouble with your pain medications, notify the surgeon's office.

If you received a nerve block, begin taking your medication before the block wears off. When taking narcotic pain medication, please do not drive or mix with alcohol.

Surgical Dressing: **Remove dressing 48 hours after surgery and shower.** Apply band-aids over the incisions and change daily after you shower. It is not necessary to use ointments or creams on incision sites. Do not take tub baths or swim until incisions are healed (approximately 2 weeks after surgery). Some bleeding may occur through the dressing. You may reinforce with gauze. Call the surgeon if the dressing is completely saturated with bright red blood.

Swelling: Swelling and bruising is common after surgery and may last several weeks. Ice and elevation will help decrease this. Elevate the operative knee above the level of your heart as much as possible for 3 days and use ice 30 minutes 5 times daily for 48-72 hours. Be sure not to let the dressing get wet while icing. If you note redness, pain, swelling, foul odor, or increased temperature around the incisions, call the office immediately.

Activity: Keep your knee brace on for 4-6 weeks except for therapy, exercise, and sleep. Limited weight bearing (or "toe touch weight bearing") is recommended for the first 3 weeks on the operative extremity, then progress to weight bearing as tolerated. Knee range of motion is limited to 0°- 90° flexion for the first 6 weeks. Crutches are typically used for 2-3 weeks in brace (locked in extension). Progress to full weight bearing in brace on week 6. Walk into a shower with a stiff leg and avoid any squatting.

Notify MD for: It is common to experience an increase in temperature after surgery for a few days. Call our office for persistent temperature greater than 101.5° F, unexpected redness, extreme swelling, or uncontrolled pain. For pain medicines, please try to call early in the day or before the weekend. After these hours, pain medication cannot be changed or refilled.

Patient Representative _____ Date _____

Nurse Signature _____ Date _____

