

POST-SURGERY CARE



Knee Arthroscopy - Meniscus Repair

Wound Care

- **Remove** outer dressing on post operative **Day 2**. Apply band-aids to surgical incisions.
- You may shower the following day after surgery. Keep surgical incisions clean and dry. **DO NOT** get wet. Cover with plastic bag, waterproof band-aids or Saran Wrap for showering. **DO NOT** immerse or soak incisions.
- It is normal for some bleeding to occur. **Do not** be alarmed if there is staining on the dressing. If blood begins to soak through the dressing, reinforce with additional dressing (which can be purchased at your local drug store) and contact the office. If it is after hours, please utilize the after hours number (listed below) for further instructions

Ice Therapy and Elevation

- Begin **immediately** after surgery. Use a large bag of ice every 2 hours for 20 minute intervals daily until your first post operative appointment
- Icing is very important and will help with reducing pain and swelling. **Do not be alarmed:** swelling and numbness around the incision **is normal**.
- Elevate the operative leg to chest level whenever possible to decrease swelling
- Place pillows or blankets under the operative leg to elevate the entire leg

Medications

- **Hydrocodone with Tylenol (Acetaminophen)** is typically prescribed for pain control following this procedure. Please follow the instructions indicated on the bottle. This is a narcotic medication and we recommend that you begin to wean off this medication as soon as possible.
- **DO NOT** drink, drive or go to work while using narcotic medication.
- **DO NOT** take additional Tylenol while taking this medication.
- Nausea and drowsiness are common side effects of narcotic medication. To decrease these side effects we recommend taking it with food or a small snack. An **anti-nausea medication** is routinely prescribed as a precaution in case you begin to experience nausea. You can take this as needed.
- Constipation is also another common side effect of narcotic medication. We recommend staying hydrated and purchasing an over the counter stool softener (Docusate/Colace) to aid with this.
- Additionally, you **CAN** also take 600 mg of Ibuprofen (Motrin or Advil) every 8 hours for pain AND swelling. This should be staggered with the narcotic medication.
- **Lastly**, to help prevent a DVT or more commonly known as a blood clot, you will take **81 mg Aspirin** once daily for 21 days post operatively. This can be purchased over the counter.

Pain & Pain Treatment

You **will not** be able to get **prescription refills after hours or on the weekends**. It can take up to 48 hours for a prescription refill to be processed. Please anticipate your needs and contact our office for refills **BEFORE** you run out. We also recommend you wean off narcotics as soon as possible.



James Alfandre, MD



Justina Mueller, PA-C

Contact: Michelle, PCS (518) 453-9088

Hours: 8:00am-4:30pm | After Hours Assistance: (518) 489-2663

Activity and Exercise

- There is **NO WEIGHT BEARING** following this procedure (unless otherwise instructed). Crutches should be utilized at all times.
- Elevate the operative leg to chest level whenever possible to decrease swelling
- Place pillows or blankets under the operative leg to elevate the entire leg
- You may rest your heel on the ground while sitting or using the restroom
- **Avoid** long periods of sitting (without leg elevated) or traveling long distances
- On **post op day 1**, you can begin gentle range of motion as tolerated (see exercises below)
- Perform exercises **3 times a day** as tolerated until your first post op appointment
- Hold on scheduling formal physical therapy until your post op appointment

Emergencies

- Please **call the office** for the following:
 - Uncontrolled pain, swelling or numbness
 - Fever or chills (Fever over 101 degrees Fahrenheit: **low grade fevers** are common for a few days following surgery)
 - Redness around the incision/dressing or color change in the extremity
 - Continuous drainage or bleeding from the incision site
 - Difficulty breathing or excessive nausea/vomiting

OrthoNY Urgent Care: Orthopedic urgent care walk-in services are available:

- **Clifton Park:** 1768 Route 9, Clifton Park, NY 12065
(Hours: M-TH: 8am-7:45pm, F: 8am-5:45pm, Sat/Sun: 8am-1: 45pm)

Exercises:

Straight Leg Raise

Raise leg 12 inches off the bed, couch or chair. Hold in position for a count of 10 seconds. Do 10 repetitions, 3 sets per day.



Quad Sets

Sitting with your leg straight, pull your toes toward your nose and tighten your thigh (flexing your quadriceps muscles). Hold for a count of 10 seconds. Do 10 repetitions, 3 sets per day.



Foot Pumps

Sitting with your leg straight; alternate pointing your toes to the floor “pushing on the gas pedal” and pulling your toes toward your nose. Do 30 repetitions, 3 sets per day.



Towel Rolls

Sitting with your legs out straight slowly bend the operative leg with the heel staying in contact with the table/ground. Use hands placed at the thigh for support. Do 15 repetitions, 3 sets per day.



Passive Knee Flexion

Sit on the edge of a bed or table and let gravity gently bend the knee. The opposite leg is used to support and control the amount of bending. It is important to achieve at least 90 degrees of passive flexion by 2 weeks after surgery. Do 10 repetitions, 3 sets per day.

DO NOT advance past 90 degrees until instructed by provider

