

MENISCAL REPAIR

Postoperative Instructions

MEDICATIONS: You will be given three prescriptions- Medications to control pain, nausea, and constipation. Take as directed. You should also eat yogurt for the first 3 days to help maintain the normal, helpful bacteria within your stomach.

DRESSING: Leave your dressing on until your first post-operative visit. **LEAVE THE TAPE STRIPS OVER YOUR INCISIONS.** These will stay on for 1 ½- 2 weeks and will slowly peel off.

SHOWERING: You may shower after your first dressing change by your doctor. Do **NOT** immerse in a tub or pool for 3 weeks to avoid excessive scarring and risk of infection.

ICE: Icing is very important to decrease swelling and pain and improve mobility. During the first 24 hours, apply ice every 2 hours, 15 minutes each time. After 24 hours, continue to use the ice 3 – 4 times a day, 15 – 20 minutes each time to keep swelling to a minimum.

WEIGHT BEARING: You should not put weight on your leg for 4 weeks. The fifth week will be roughly 50% weight bearing. The sixth week allows you to start putting full weight on your leg.

FEMORAL NERVE BLOCK: If you elected to receive the block, you were given an injection into your upper thigh to block the conduction of your femoral nerve which conducts pain and also controls your quadriceps muscle. Therefore you should be relatively pain free but you will have little control of your leg. You should wear your immobilizer until your first physical therapy appointment when you will be instructed on how long and when you should wear your immobilizer.

ACTIVITIES: Rest and elevate your leg for the first 24 hours. Do **NOT** place a pillow under your knee. Elevate with a pillow under your calf and ankle. It is important to get your leg as straight as possible as soon as possible.

<u>EXERCISES:</u>	1) Quadricep Contractions:	5 – 10 per hour Push knee into bed Tighten thigh muscle
	2) Straight Leg Raises:	5 per hour
	3) Ankle pumps	10 per hour
	4) CPM Machine	If you received a CPM, start 0-30° for 6 hrs/day and progress 10° per day until 90°. If not, start working on heel slides 0-30° and progress to 0-90°

If you experience severe pain that your pain medication does not relieve, you should let us know. **If you experience a temperature over 101.5°, redness or swelling in your thigh or calf, please contact our office daytime, evenings or weekends at (847) 634-1766**

GOALS: Safe ambulation and pain control.