

MENISCAL ROOT REPAIR

Postoperative Instructions

MEDICATIONS: You were given four prescriptions- Medications to control pain, inflammation, 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: After 48 hours, you may remove your dressing. You do not need to redress unless you would like. **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 dressing is changed. You do not need to keep the wounds dry and may use normal soap, but you should not scrub. Do **NOT** immerse in a tub or pool for 4 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: No weight bearing on this leg for 4 weeks followed by 50% weight bearing for 2 weeks. Standard weight bearing usually begins at 6 weeks. Use crutches to mobilize.

ACTIVITIES: **The most important thing to remember is to get the knee fully straight as soon as possible.** 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.

<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

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.