

## MENISCAL REPAIR

### Postoperative Instructions

**MEDICATIONS:** You were 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:** 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:** Unless otherwise instructed by Dr. Domont, use crutches when walking and bear weight as tolerated on the operated leg. **EXCEPTION IS IF YOU RECEIVED A NERVE BLOCK, DO NOT WALK ON YOUR LEG UNTIL FULL SENSATION AND STRENGTH HAS RETURNED TO YOUR LEG.** You may discontinue the crutches when you have enough strength to support.

**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.

<b><u>EXERCISES:</u></b>	1) Quadri- ceps 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.