

## POSTOPERATIVE INSTRUCTIONS - KNEE ARTHROSCOPY WITH MENISCUS REPAIR

### Post- op

- **0-90 x 6 weeks**
- **Crutches x 6 weeks with TTWB and brace locked at zero**
- **7 wks begin closed chain exercises**
- **7 wks continue flexion ROM, not aggressive**
- **13 wks, possibly running progression**

### WEIGHT BEARING / MOVEMENT

You are NOT to bend your knee past 90 degrees for the first 6 weeks after surgery. Use crutches for the first 6 weeks with weight bearing as tolerated on the surgical side. You will have a knee brace locked at 0° while using crutches to ambulate to help prevent damaging the repair. Use the brace locked while sleeping as well.

### ICE

An ice machine will be provided to you prior to your surgery. This will help decrease swelling and pain after your surgery. Use the ice machine as much as possible when you get home at intervals of 20 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping.

If you did not receive an ice machine – you should use ice packs over the surgical site regularly throughout the day. In addition to icing your knee, elevate your knee so that your toes are above your nose. This elevates your knee above your heart and will help reduce swelling.

### MEDICATIONS

If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time you will have little to no feeling in the body part where you had surgery (i.e. leg). Also, an injection of local anesthesia was injected into your knee after the completion of the operation. This medication will wear off in 5 to 6 hours. To control your pain during this transition while the nerve block is wearing off, you are to eat first and then begin taking the **pain medication** (e.g. Vicodin, Percocet, etc) immediately when you get home from surgery. This will prevent you from having severe pain. Take the pain medication every 4 hours until you go to bed.

You have been given an antibiotic medication – please take this as prescribed until completion of the medication.

A **sleeping medication** (e.g. Ambien) is also provided to help you sleep at night. Take one tablet 30 minutes before you plan to sleep.

**DRESSING/BANDAGES**

Keep your surgical dressing clean and dry. You may remove your dressing two days after surgery. Please place band-aids over the incision sites. At this time you may take a shower, however you should avoid direct contact on the incision sites. Water-proof band-aids over the incision sites are very helpful. Please keep the incision sites clean and dry.

Do not take a bath or submerge your knee in water until your incision are checked at your first post-operative visit.

**TEMPERATURE**

It is normal to have an elevated temperature during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision sites, or if there is increased drainage from the incision sites.