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ORTHOPEDIC SURGERY AND SPORTS MEDICINE

Meniscal Repair Post Operative Instructions Not for Meniscal Root repair or Meniscectomy

Food

Start slow. It is natural to want to eat a lot after surgery. We recommend you eat small amounts of your normal diet and increase your intake as your nausea improves.

Incision

Keep your incision dry for 48 hrs. After 48 hrs you may remove the dressing and shower. Leave the Steri-Strips in place. You may let water run over the incision but do not soak your incision in a bath, swimming pool, lake or hot tub for three weeks. Keep a Band-Aid on the incision until the incision is no longer draining (about 7 days)

Weight bearing

You may weight bear on your knee with your knee brace locked in extension. When you are not weight bearing, you may move your knee from 0-90 degrees as your pain allows. No forced flexion of the knee. This will last 6 weeks.

Activity

I want you to be as active as your pain and swelling allows. This helps prevent blood clots. Of course you have to respect the weight bearing limits above.

Blood clots

My biggest concern after knee arthroscopy is the formation of blood clots. To prevent blood clots, I recommend you be active and take One tablet (325 mg) of aspirin twice daily with food for 2 weeks. If you or your family have had a blood clot or other reason to have an increased risk for a blood clot, you may need more aggressive treatment. Please discuss this with Dr. Allred within 24 hrs after surgery. What does a blood clot feel like? Usually (not always) blood clots surface a few weeks after surgery. They usually (not always) cause calf pain and increased ankle swelling that is new. Rarely, they cause shortness of breath. If you think you may have a blood clot call the office immediately (during office hours) or go to the ER (if after hours)

Swelling

Ice machines or reusable ice pads can be purchased on Amazon if you search knee ice machine. They can be great for decreasing pain and swelling. I like them but frozen peas work as well. Be careful to not freeze your skin. I recommend 20 min on and 10 min off unless the machine has a way to prevent freezing (ie temperature settings)

Physical therapy

Most meniscal repair patients do benefit from PT. Please contact the office to arrange PT to start a few days after surgery.

Medications

As discussed above, I recommend Aspirin for two weeks. Rotate over the counter ibuprofen and Tylenol. For example take regular Tylenol followed by Ibuprofen 2 hrs later. Do not take more than the recommended daily dose for each. I also recommend over the counter Pepcid or other antacid while on ibuprofen to prevent a stomach ulcer. Narcotics: see below.

Narcotics

You may need them for a few days but the quicker you stop using them the better you will feel. It is very rare to need a refill. We **DO NOT** refill medications after hours or on weekends so plan ahead. It takes about 72 hrs to get a refill. If you take narcotic medications regularly you will need to make arrangements with your prescribing provider.

Post Operative Visits

Call for an appointment approximately 2 weeks after surgery.

Precautionary Measures

- 1) To prevent infection, you have been administered IV antibiotics prior to your surgery.
- 2) To prevent blood clots, you will need to be active. I want you to walk around your living room once every hour while you are awake. Also take Aspirin 325 mg twice daily for 2 weeks to prevent a blood clot.
- 3) If you are taking narcotic pain medication (Percocet or Vicodin), you may need a stool softener to prevent constipation. Over-the-counter medication such as Docusate or Milk of Magnesia is recommended.

Emergencies

Call the office at if you experience the following:

Incision opens

Increased redness at incision site

Pain uncontrolled by pain medicine

Uncontrollable bleeding

Fever > 101 °F or shaking chills

Difficulty breathing or chest pain

Severe pain or redness in calf

Painful swelling

Contact

Please refer to the website for the office phone number.