

# Meniscus Surgery

## Post Operative Instructions

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### Medications

**\*Pain** (Hydrocodone/Acetaminophen, Darvocet, Vicodin, Norco, Lortab)  
You have been prescribed a strong narcotic analgesic for pain. Take regularly as prescribed and as needed for pain. A common side effect of this medicine is constipation. Please make sure you add fiber or a stool softener if necessary and drink plenty of fluids to help avoid this.

**\*Non-Steroidal Anti-Inflammatory** (Ibuprofen)  
Unless otherwise directed, take Ibuprofen 600mg every 8 hrs with food for the first 7 days following surgery. ***Do not take this medicine if you are taking a blood thinner (Plavix, Coumadin), or have a history of an ulcer, bleeding disorder, kidney problems or drug allergy.***

**\*Antibiotic** (Keflex, Clindamycin)  
If prescribed, please take this medicine as instructed.

**\*Antiemetic** (Phenergan)  
This medicine should help if you are nauseous after your procedure. If you are unable to keep this medicine down please call the office as there may be an alternative.

### Diet

Keep to a light diet the day of surgery. You may advance to your usual diet the day after surgery.

### Activity

Keep your leg elevated. Try to keep your leg (knee and foot) above the level of your head as much as possible for at least the first 7 days after surgery. Be sure to move your ankles up and down (ankle pumps) to keep circulation moving in both your calves. *A good rule of thumb is a set of 20 every 20 minutes while awake.* You may move around on your crutches when you are comfortable. **Do not bear weight on your leg until given specific instructions.** Further instructions regarding this will be given at your first postoperative visit.

**\*\*\*If you have had a suture repair, you have been sent home with a brace, it must be locked in full extension while up and around. DO NOT bend your knee past 90 degrees.**

## **Cold Therapy**

You may have been sent home with an Iceman for your knee. Use frequently for the first 10 days after surgery. Make sure pad does not directly touch skin.

*For questions and problems with the Iceman call Texas Brace System 817-416-7400, 24 hour on call line.*

## **Dressing Change**

Unless otherwise directed, your dressing will be changed at your first post op visit.

## **Showering**

Do not get the dressing or your incisions wet. You may use an occlusive dressing (plastic bag, plastic wrap, tape) until otherwise directed.

## **Physical Therapy**

Will likely start after your first post-op visit. Prescriptions and instructions will be given at that visit.

## **Post Operative Appointment:**

Please call us for an appointment. We want to see you next day after your surgery.

### To Do List:

- ✓ Ice for Iceman
- ✓ Garbage bags and tape for shower
- ✓ An appointment for first post op visit