

## Garrett Kerns D.O.

# Discharge Instructions: Knee Arthroscopy & Meniscectomy

## Versus Meniscus Repair

### DIET

- You can resume your regular diet as tolerated.

### MEDICATIONS

- **Pain Management Program (PLEASE FOLLOW EXACTLY FOR BEST RESULTS)**
  - **Over-the-counter Acetaminophen (Tylenol): 1000 mg every 8 hours for 5 days**
  - **Over-the-counter Ibuprofen 800 mg every 6 hours for 5 days**
  - **Oxycodone 5mg every 4-6 hours as needed for pain**
  - **Works best if you alternate between Acetaminophen and Ibuprofen every 4 hours making sure not to exceed 3 doses of Acetaminophen in a 24-hour period.**
  - **After 5 days everything can be taken as needed.**
  - **IF you have an allergy then take what you can.**
- Zofran will be given for nausea.
- Take your usual medications UNLESS you are directed differently by your doctor.

### PAIN MANAGEMENT

- **Expect to have pain following surgery. A pain level of 4-5 out of 10 is our goal. The pain medication prescribed for you is only to be used as a rescue medication. The medications often do not take all the pain away. The first few days following surgery can be the most painful. Just remember, it will get better.**
- **Take pain medication once nerve block begins to wear off. It is highly recommended to take pain medication before bed if the nerve block has not worn off to avoid pain once the nerve block does wear off. Please note that the nerve block typically wears off at night.**
  - **If the nerve block lasts longer than 48 hours please contact your surgeon.**
- Pain medication should be taken 20-30 minutes before doing any exercises. Do not take alcoholic beverages, drive a car, or operate heavy machinery when taking pain medication.
- Apply an ice pack to the covered incision for 20-30 minutes at least 4 times a day, or as instructed by your doctor with at least 30 minutes between icing sessions. **If given an ice machine, it is recommended to use it continuously for the first 48 hours following surgery to help out with pain and swelling.**
- Call your doctor if your pain is not well controlled.

### ACTIVITY

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##### □ Meniscectomy

- You may bear weight as tolerated with crutches.
- You can stop using crutches when you are comfortable, usually after 3 days.
- Keep your leg raised when you are sleeping or sitting. Place one or two pillows under the calf or ankle. Do not put the pillow under the knee.
- Do exercises and crutch walking as directed by the physical therapist.
- Start Outpatient Physical Therapy 3-5 days post-surgery.

##### □ Meniscus Repair

- You will be toe-touch weight bearing (10% weight bearing) for the first 2 weeks after surgery in a brace locked in extension while using crutches.
  - Weeks 3&4: 25% weight bearing in brace
  - Weeks 5&6: 50% weight bearing in brace
  - After week 6: weight bearing as tolerated
- You can stop using crutches when you are able to walk without a limp after the first 6 weeks.
- Keep your leg raised when you are sleeping or sitting. Place one or two pillows under the calf or ankle. Do not put the pillow under the knee.
- Do exercises and crutch walking as directed by the physical therapist.
- Start Outpatient Physical Therapy 3-5 days post-surgery.
- It is recommended you take a full dose 325 mg of aspirin once daily for 2 weeks following surgery to decrease risk for blood clot.
- TED compression stockings were placed following surgery to help with swelling and blood clot prevention. These are to be worn 23 hours a day; they are only to be removed for hygiene or washing of the compression stockings.
- A brace was placed following surgery. This is to be locked in extension for ambulating and sleeping. While sitting it is okay to unlock the brace to 90 degrees of flexion. A handout on how to use the brace is provided in your folder. All settings will already be made on the brace there is no need to adjust the range of motion.

**Repeat the following exercises 10 times each leg on post-operative day 1. (does not require Physical Therapy)**

- Ankle pumps: Move foot up and down.
- Heel slides: Lie on your back. Slowly bend your knee as you slide your knee towards your bottom.

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- Quad sets: Lie on back. Press knee into bed by tightening the muscle on front of the thigh. Hold tightened muscle for 3 counts.
- Straight leg raises: Lie on your back with one knee bent. Lift opposite leg 6-12inches from the bed, keeping the knee straight. Hold for 3 counts.
- Sit on the side of the bed or chair with feet flat on the floor. Lift one foot off the floor to straighten the knee. Hold for 3 counts.
- You can use an exercise bike at home, without resistance, for short periods (5 -10 mins). Make sure the bicycle seat is in a higher than usual position.
- You will do full range of motion exercises after the stitches are taken out (10-14 days after the procedure).

#### **BANDAGE OR DRESSING**

- Keep the dressing clean and dry for the first three days. After three days, remove the dressing. Place a Band-Aid over each stitch. Change the Band-Aids daily until the stitches are taken out. No need to place anything over incisions with skin glue
- **Do not apply any ointments, oils or creams to stitches or incisions.**

#### **SHOWERING**

- If you can stand for 10-15 minutes, you can usually shower. May shower 3 days after surgery when the surgical dressing is removed.
- Please try to keep the incisions from direct contact with the water. Let soap and water run a over that area then pat dry with a clean towel.

#### **CALL YOUR DOCTOR IF YOU HAVE ANY OF THE FOLLOWING:**

- Fever of 100.5 or higher that continues after 48 hours.
- Any bleeding or drainage that continues after 48 hours.
- Reddened or painful leg or calf.
- Feeling of numbness or tingling sensation, and change in the temperature or color of your leg, foot, or toes that does not go away.
- Blurry vision, double vision, or dizziness.
- Nausea and vomiting.
- Persistent headache.
- Dressing becomes wet.
- Increased unrelieved pain.

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- If you had spinal or epidural anesthesia and the anesthesia injection site is inflamed (red, swollen, or oozes blood or fluid), call your doctor.

**If you cannot reach your doctor and these symptoms continue, go to the nearest hospital emergency room.**

#### **FOLLOW UP VISIT**

- Your appointment is usually scheduled for 2 weeks after surgery and is provided for you in your pre-surgical packet. If you do not have a 2-week follow-up appointment scheduled then call the office 1 to 2 days after surgery to make this appointment.

This resource provides brief, general information about this health care topic. It does not take the place of specific instructions you receive from your health care providers. For answers to other questions consult your physician or other health care provider.