

## **Dr. Allen Meniscal Root Repair Post-Op Instructions**

### **Dressings**

Keep your dressings in place until your first PT visit (usually POD #1-3). Keep the dressings clean and dry, sponge bath or cover your leg while showering until your first dressing change. The Physical Therapist will do your first dressing change. After your first dressing change it is ok to shower and get the wound wet. Do not soak your incision. Let warm soapy water run over your knee, pat dry with a clean towel, and replace with fresh dressings. Use extreme caution in the shower as falls can occur, it is recommended to use a shower chair or have assistance. Make sure to wash your hands before touching the skin around your incision. Dressings can be removed and replaced with clean, fresh gauze, make sure to keep the wound covered until your first follow up. Do not pick at or remove any scabs. It is ok to lotion the skin surrounding the incision, but don't place any lotion or ointment directly on the wound.

### **Brace & Crutches**

Your motion will be restricted to 0-90° for the first 6 weeks after surgery to protect the repair. Your brace will be locked in full extension with no motion until your first PT visit. You will be strictly non-weight bearing for 4 weeks, then gentle toe touch weight bearing in the brace in full extension for 2 additional weeks, then weight bearing as tolerated with weaning out of the brace. Crutches will be needed for about 6 weeks. At 6 weeks the brace will be discontinued. After your first PT visit, your brace can be unlocked from 0-90° when you are sitting, resting, sleeping, or at therapy. If you are up walking around then your brace needs to be locked in full extension.

### **Pain Control**

Pain control is a very important aspect of your recovery. It is well documented that multimodal pain control is the most effective way to manage post-operative pain. At the end of the procedure, I will inject local anesthetic into the surgical field, additionally the anesthesiologist may give you a lower extremity block. These blocks can last anywhere for a few hours to a couple days. The goal is to have little to no pain in the immediate post-operative period. You will also receive a short prescription for narcotic

pain medications. This is to be used for break through pain. Combining the narcotic pain medications with Tylenol and Ibuprofen has been shown to give superior pain relief compared to the narcotic alone. The goal is to use the narcotic pain medications sparingly, and discontinue its use by 10-14 days post-op. If you are running low and will require a refill, please plan in advance, as refills on the weekend are often not logistically possible. Ice and elevation for the first several days after your surgery will also help control your pain.

### **Nausea**

Nausea after surgery and anesthesia is not uncommon. You will receive an anti-nausea medication prescription for use at your discretion.

### **Constipation**

Narcotic pain medications can be very constipating. You will receive a stool softening medication. I recommend you take it as long as you are taking the narcotics. Make sure to drink plenty of water as well in the immediate post-operative period.

### **Physical Therapy**

Your first PT visit will be within the first several days after your surgery. Your first dressing change will be at this visit. Therapy is a critical aspect of regaining function, motion, and strength after meniscus repair.

### **Follow Up**

Typically, your first follow up is about 2 weeks after surgery. We will assess your wound and likely remove your sutures at this time. We will review your surgery and ensure you have upcoming therapy visits arranged.