



## Post-Operative Instructions: Meniscectomy / Debridement

### DIET

- Begin with clear liquids and light foods (Jell-O, soups, etc.)
- Progress to your normal diet if you are not nauseated

### WOUND CARE

- Maintain your operative dressing, loosen bandage if swelling of the foot and ankle occurs
- It is normal for the knee to bleed and swell following surgery. If blood soaks onto the TED Stocking bandage, do not become alarmed, reinforce with additional dressings as needed
- Remove surgical dressing on the 2<sup>nd</sup> post-operative day – if minimal drainage is present, apply band-aids or a clean dressing over incisions and change daily. To avoid infection, keep surgical incisions clean and dry – you may shower by placing a plastic covering over the surgical site beginning the day after surgery.
- Beginning **2nd post op day** you may shower as long as the incisions are dry (without drainage). Do not scrub the incision sites and place new band-aids over the incision sites after showering.
- NO immersion in bath or pool until instructed by Dr. Rawal's office.

### MEDICATIONS

#### Prescribed Narcotics:

- This medication may be taken as needed for pain as directed on the bottle.
- Do not drive or drink alcohol while taking this medication.

#### Acetaminophen (Tylenol):

- This medications may be taken as needed.
- Please use as directed on the bottle.
- Do not exceed 4,000 mg of Acetaminophen in a 24 hour period.

#### Blood thinner:

- Please take blood thinner as directed. Most patients are prescribed a daily Aspirin for four weeks after surgery. It is important to take as prescribed to help prevent blood clots.

#### Stool softener:

- We recommend picking up an over the counter stool softer such as MiraLax, as a common side effect of narcotic pain medication is constipation.
- It is normal to take several days to make a bowel movement after surgery.
- Drink plenty of clear liquids as the anesthesia can cause dehydration/constipation as well.

### ACTIVITY

- Elevate the operative leg to chest level whenever possible to decrease swelling.
- Do not place pillows under knees (i.e. do not maintain knee in a flexed or bent position), but rather place pillows under the foot/ankle.
- Use crutches to assist with walking – you are able to bear as much weight as tolerated on operative leg unless otherwise instructed.



## OrthoTeam Clinic

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- Do not engage in activities which increase knee pain/swelling (prolonged periods of standing or walking) for the first 7-10 days following surgery.
- Avoid long periods of sitting (without leg elevated) or long distance traveling for 2 weeks.
- NO driving until instructed otherwise by physician
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable

### **ICE THERAPY**

- Icing is very important in the initial post-operative period and should begin immediately after surgery.
- You may place an ice pack over your knee for 15-20 min every 1-2 hours.
- Icing should not be performed while sleeping.  
Place cloth in between skin and ice. Do not place ice packs directly against the skin as this can cause frost bite.

### **EXERCISE**

- Begin exercises 24 hours after surgery (straight leg raises, quad sets, heel slides, and ankle pumps) unless otherwise instructed.
- Discomfort and knee stiffness is normal for a few days following surgery. It is safe to bend your knee in a non-weightbearing position when performing exercises unless otherwise instructed.
- Complete exercises 3-4 times daily until your first post-operative visit – your motion goals are to have complete extension (straightening) and 90 degrees of flexion (bending) at your first post-operative appointment unless otherwise instructed.
- Perform ankle pumps continuously throughout the day to reduce the risk of developing a blood clot in your calf.
- Formal physical therapy (PT), if indicated, typically begins after your first post-operative appointment 7-10 days after the procedure. A prescription and protocol will be provided at your pre-operative visit.

### **PHYSICAL THERAPY**

- Physical therapy should start a few days after your surgery.
- Your physical therapist should already have Dr. Rawal's protocol, but it is available on the OrthoTeam website if you would like to review it.

### **EMERGENCIES**

Contact our office at (608) 231-3410, if any of the following are present:

- Painful swelling or numbness (note that some swelling and numbness is normal)
- Unrelenting pain
- Fever (over 101° – it is normal to have a low grade fever for the first day or two following surgery) or chills
- Redness around incisions
- Color change in your foot
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting
- Calf pain



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- If you have an emergency that requires immediate attention proceed to the nearest emergency room.

### **FOLLOW-UP CARE/QUESTIONS**

- If you do not already have a post-operative appointment scheduled or if you need to change the appointment, please contact our scheduler at 608-231-3410 to schedule.
- Your first post-operative appointment will be scheduled with one of the Physician Assistants for a wound check, physical therapy protocol and to answer any further questions you have regarding the procedure
- Typically the first post-operative appointment is made for 10-14 days following surgery for suture removal if you have any sutures in place.