

## POST-OPERATIVE INSTRUCTIONS MENISCUS ROOT REPAIR

### MEDICATION

- One of three pain medications, Norco (hydrocodone), Tramadol or Tylenol #3 will be prescribed to you. Take as instructed and as needed.
  - Pain medication may cause constipation. You may take an over the counter stool softener (Colace, Senekot, etc) to help prevent this problem.
  - You should take these medicines with food or they may nauseate you.
  - You may not drive or operate heavy equipment while on narcotics
  - Pain medication is refilled on an individual basis and only during office hours.
- If you have a nerve block, **DO NOT WAIT UNTIL THE BLOCK COMPLETELY WEARS OFF.**
  - Most patients find it helpful to take two pills 8-10 hours after surgery and scheduling two pills every four to six hours the first night and morning after and then gradually wean off as tolerated.
- Try to avoid anti-inflammatories such as Ibuprofen or Naprosyn for at least **six weeks** after surgery as this may impair tissue healing.
- Take one regular aspirin (325 mg) once a day for 21 days beginning the day after surgery unless you are allergic, have been prescribed another blood thinner or have a history of stomach ulcers.
- If prescribed Lovenox or Xarelto for prevention of blood clots, begin the day **AFTER** surgery and finish all injections or pills.
- **Resume all home medications unless otherwise instructed.**
- Call the office (713-486-7550) if you are having an adverse reaction to the medicine.

### WOUND CARE

- Do not unwrap your dressings or remove your TED hose. This aids in swelling and helps in the prevention of blood clots and infection.
- Dressings will be changed on your first post-operative visit and a new dressing applied. If they get **EXCESSIVELY** wet prior to this, meaning “soaked through,” contact the office.
- Until your first post-op visit, wrap the leg, in a large plastic garbage bag with tape at both ends to shower or bathe.
  - Dr. Flores will instruct you when you may shower without the brace on.
- Continue to use the bag, plastic wrap or waterproof bandages to keep incisions dry for at least 2 weeks after surgery.
- **NO** submersion of wounds (bath, hot tub, pool) is recommended for a minimum of 3 weeks after surgery.

### EXERCISE

- **Physical Therapy is a key component of recovery and should start within 1-3 days after surgery.** This appointment should be made **before surgery** to ensure you begin therapy on time. If you have difficulty doing this, contact the office for assistance.
- Regaining full extension quickly is critical to your recovery. **DO NOT** keep pillows under your knee leaving your knee in a bent position.
- A handout of exercises will be provided immediately after surgery that you may begin as soon as you are comfortable.

## CRUTCHES

- Toe touch weight bearing is allowed after surgery to help with balance and stability.
- **Do not put weight on your operative leg** when walking to help protect your repair unless previously discussed with Dr. Flores.
- **You will need to use your crutches/walker for 4-6 weeks after surgery.** Following this, they will be needed until physical therapy and Dr. Flores deem them unnecessary based on the strength in the involved leg and when you can walk with a **normal gait (heel to toe walking).**

## BRACE

- If you were given a brace, it must be worn at all times, including during sleep until your follow up appointment where you will receive additional instructions.
- If you discussed being able to put full weight on your leg with Dr. Flores PRIOR to surgery, the brace must be locked straight while you are weight bearing.

## COLD THERAPY

- Ice should be used to assist in pain and swelling. Do not apply directly to exposed skin. Elevate your leg and try to ice 20-30 minutes every 3-4 hours if possible.
- A simple bag of frozen peas may be used as an inexpensive ice pack. Buy several bags of peas, place in a gallon size zip-lock bag making them about an inch thick and removing as much air as possible. Return to freezer, lying flat when done.

## BRUISING

- The lower leg may become swollen and bruised, which is normal. This is from the fluid and blood from the knee moving down the leg and should resolve in 10-14 days.
- **If you experience severe calf pain and swelling, call the office immediately.**

## EMERGENCIES

- If you have an emergency contact Dr. Flores's office at 713-486-7550.
- Contact the office if you notice any of the following:
  - Uncontrolled nausea or vomiting, reaction to medication, inability to urinate, fever greater than 101.5 (low grade fevers 1-2 days after surgery is normal), severe pain not relieved by pain medication, redness or continued drainage around incisions (a small amount is normal), calf pain or severe swelling.
- **If you are having chest pain or difficulty breathing, call 911 or go to the closest emergency room.**

## FOLLOW UP APPOINTMENT

- Please make your first post-op visit 5-7 days after surgery if not already scheduled.
- **If you have any questions, please call the office at 713-486-7550.**