



8290 University Ave NE, Suite 100  
 Fridley, MN 55432  
 Office Hours 6:30 AM to 4:30 PM Monday-Friday



Office Hours 8 AM to 5 PM Monday-Friday  
 Phone 763-786-9543 Normal and After Hours

## Arthroscopic Meniscus Repair Surgery Patient Instructions

### Follow up:

- 1) Please schedule a follow-up appointment with your Surgeon's office in \_\_\_\_\_ days.  
**Twin Cities Orthopedics 763-786-9543**

### Appointment:

\_\_\_\_\_

Date	Time	Office Location
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- 2) A Surgery Center RN will call you the following business day to answer any questions that you may have. Patients having surgery on Friday will be called on Monday.

### Activities:

- 3) \_\_\_\_\_ Do not place any weight on your surgical leg. Use crutches.  
 \_\_\_\_\_ Apply partial body weight on your surgical leg. Use crutches.
- 4) If you were issued a leg brace, wear this full-time until your post-operative office visit. You may remove the brace for bathing only. You may loosen the Velcro straps if the brace feels too tight.
- 5) Elevate your surgical knee at or above heart level as much as possible during the first 48 hours and as needed after that. Use pillows and blankets to assist with this.
- 6) Apply an ice pack as often as possible during the first 48 hours. This will help reduce pain and swelling. Place a washcloth barrier between the ice pack and your skin.
- 7) Do not drive until approved by your Surgeon.  
 Do not drive for at least 24 hours if you are taking narcotic pain medications. They will make you drowsy and impair your ability to drive.
- 8) Work restrictions will depend on your surgical procedure and type of employment. If you have not already discussed this with your Surgeon, please discuss this during your first post-operative office visit. Please call their office directly if questions arise before that appointment.

### Diet:

- 9) Begin with clear liquids and a bland diet. Progress to your normal diet in 24 hours. Anesthesia and narcotic pain medications may slow down your digestive system. An over the counter stool softener or mild laxative may be beneficial to prevent constipation and cramping. Ask a Pharmacist for assistance in selecting this.

### Medications:

- 10) Take the pain medication as prescribed. Take at the first onset of moderate pain. Oral pain medications take 30-45 minutes to start working.  
 Take your medications with food. Do not drink alcohol, drive a vehicle, use power tools, or make important legal decisions while taking narcotic pain medications.

- 11) Do not take additional Tylenol (Acetaminophen) with narcotic/acetaminophen combination pain medications. The contents are listed on the medication bottle.
- 12) Watch for signs of allergic reaction (hives, rash, itching, shortness of breath). If signs occur, discontinue medication and contact your Surgeon to request a new medication.
- 13) You may take an anti-inflammatory medication (Advil, Ibuprofen, Aleve, Naproxen or Celebrex) in combination with the narcotic pain medication.

**Your Medications:** (Refer to instructions on prescription label)

PAIN MEDICATION: \_\_\_\_\_ GIVEN: \_\_\_\_\_ NEXT DUE: \_\_\_\_\_

ANTI-INFLAMMATORY: \_\_\_\_\_ GIVEN: \_\_\_\_\_ NEXT DUE: \_\_\_\_\_

OTHER: \_\_\_\_\_ GIVEN: \_\_\_\_\_ NEXT DUE: \_\_\_\_\_

**Bandage Care:**

- 14) Some bleeding and drainage into the Ace wrap is normal. However, if the drainage is bright red and larger than 3 inches, call your Surgeon's office.
- 15) Showering- Do not shower for 3 days. Your knee must be kept clean and dry to prevent infection and improve healing.
- 16) Remove your Ace wrap after 3 days. Discard cotton padding and gauze. Do not remove the steri-strips (white tape strips). They will naturally peel and fall off over the next 7-10 days.
- 17) Once you have removed your bandages, cover incision(s) with clean band-aids. Place a new band-aid after showering. Continue for 7 days. You may reapply the Ace wrap to reduce knee or lower leg swelling.  
***Waterproof Bandages may only be worn while showering!***
- 18) If you have visible skin stitches, they will be removed at your post-operative appointment.
- 19) Compare both of your feet. Both feet should feel warm, have similar color, and have good circulation. If the foot on your surgical leg becomes cold, white/pale, or swollen, please call your Surgeon's office immediately.

**Physical Therapy:** This will be addressed by your Surgeon if required.

**Home Exercises:** Start the prescribed exercises the first day after surgery. Your recovery room Registered Nurse will provide instructions and additional handouts if applicable.

**Call your Surgeon's office if you experience:**

- Temperature greater than 101 degrees or signs of infection.
- Continuous draining or excessive bleeding on bandages.
- Persistent nausea/vomiting.
- Severe pain despite taking medications and following activity restrictions.
- Change in skin color, temperature, or numbness in surgical leg.

***If you are having difficulty breathing or chest pains-call 911 immediately.***