

OrthoNeuro

A Multi-Specialty Center of Excellence

Arthroscopic Meniscectomy/Chondroplasty Discharge Instructions

Scott P. Stephens, M.D.

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Diet

- Begin with clear liquids and light foods.
- Progress to your normal diet.

Safety and Activity

- Full weight bearing as tolerated and can use crutches as tolerated.
- It is normal for the knee to bleed and swell following surgery – if blood soaks onto bandage do not become alarmed- reinforce with additional dressing.
- Do not engage in activities of prolonged standing or walking that may increase knee pain and swelling for the first 7-10 days following surgery.
- Avoid long periods of sitting (without leg elevated) or long distance traveling for 2 weeks.
- Elevate operative extremity to decrease swelling.
- Frequently move ankle and toes to help reduce swelling.
- Do not drive until cleared by Dr. Stephens and off of pain medications.
- May return to sedentary work or school 3-4 days after surgery, if pain is tolerable.

Ice Therapy

- Begin Ice therapy immediately after surgery.
- Ice with cold packs or Ice bags 5-6 times daily for 30 minutes each session and at least 30 minutes between sessions with ice removed.
- Make sure to not put ice directly on skin.
- Continue to ice for 14 days after surgery.

Exercise

- Begin exercises 1-2 days following surgery with straight leg raises, heel slides, and ankle pumps.
- Stiffness and swelling is normal with knee motion.
- Formal physical therapy will begin after first postoperative visit.

Pain Management

- You will be prescribed pain medication. Many patients do well taking ibuprofen 600mg-800mg every 8 hours with food if they have no known contraindications.
- No alcohol for the first 24 hours after surgery or while taking prescription pain medicine.

- Pain medicine can be constipating. Take an over the counter stool softener or laxative as needed. Drink lots of water and increase the fiber in your diet.
- Common side effects of the pain medication are nausea, drowsiness, and constipation. To decrease side effects, take medication with food.

Wound care

- In order to prevent infection, you will be cleaned with a solution in the operating room.
 - Our hospital uses two different solutions: the Betadine solution will leave an orangish discoloration on your skin or the Chloraprep solution will leave a bluish discoloration.
- You currently have a bulky dressing. Please keep this dressing in place for 24 hours, then remove it and cover incisions with band-aids.
- Some drainage is normal and you may reinforce the dressing with gauze if needed.
- To avoid infection, keep surgical incisions clean and dry. After 48 hours you may shower with waterproof bandaids.
- Leave the steristrips in place. It is ok to get these wet. Some drainage is normal and you may reinforce the dressing with gauze if needed.
- Do not scrub or soak your knee.
- Do not apply any medicated ointments to your operative site.

Follow-Up Appointment

- Refer to your appointment card. If you need to change this for any reason, call the office at (614) 839-2150 to reschedule.

Contact the office immediately if you have the following:

- Difficulty breathing or swallowing
 - Fever over 101 F
 - Changes in the color or temperature of your fingers
 - Sudden, severe pain or pain that is not relieved by medication
 - Inability to urinate within 6 hours of leaving the hospital
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- For questions regarding BWC and disability paperwork, wounds, medications, and/or activity, contact Dr. Stephens assistant at **(614) 839-2150**
 - For after-hours emergencies, contact Dr. Stephens' office at (614) 890-6555. If symptoms are severe, go to the nearest emergency room or call 911.
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- Additional information and videos about your diagnosis, surgical procedure, and post-operative care can be found at my website:

www.scottstephensmd.com