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Spine Surgery • Orthopedic Surgery • Joint Replacement Surgery • Orthopedic Trauma

POST-OP INSTRUCTIONS AFTER KNEE LIGAMENT/MENISCAL REPAIR

Anesthetics and pain medications may produce nausea and vomiting in certain individuals. If nausea becomes a problem at home, call our office.

A prescription for pain will be e-prescribed to your pharmacy two days before your surgery. Take the medication as needed. You should be able to transition to Tylenol or NSAIDs around three days after surgery.

Keep the operative dressing dry for 72 hours. After three days, you may remove the dressing and place waterproof bandages over the incisions. You can resume regular showering, but avoid soaking in a tub or pool. The elastic bandages are for your comfort and are not required.

You are **weight-bearing as tolerated**. You must always wear your **hinged knee brace**, locked in full extension for ambulation and sleeping, unlocked 0-40 degrees while at rest. (Remove for showers)

Limit your activity initially. As you feel more comfortable, slowly increase your ADLs as tolerated. You must use crutches/walker to help with ambulation.

Elevate the operative knee as often as possible to help with swelling. Ice operative site for 20 minutes every hour as needed for symptomatic relief.

Notify your physician for:

- Temperature over 101.5 degrees or severe chills.
- Severe pain not relieved by prescribed medications.
- Numbness, redness, or tingling of operative extremity.
- Excessive swelling, paleness, or coldness of operative extremity.

A staff member will call the day after surgery to see how you are doing and answer any questions you may have.

Additional advice: If you are taking pain medication, drink plenty of water and consume fiber to prevent constipation.

Keep your post-operative appointment at Coastal Orthopedics.

Any questions or concerns call our office staff (361) 994-1166.