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

POST-OP INSTRUCTIONS AFTER KNEE LIGAMENT/MENISCAL REPAIR

- Certain 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 2 days before your surgery. Take the medication as needed. You should be able to transition to Tylenol or NSAIDs around 3 days after surgery.
- Keep the operative dressing dry for 72 hours. You may remove after 3 days and place waterproof bandages over the incisions. You are then able to shower like normal. Do not soak in a tub or pool. You do not have to reapply the elastic bandages if you do not want to do so.
- You are **weightbearing as tolerated**. You must wear your **hinged knee brace** at all times, locked in full extension for ambulation and sleeping, unlocked 0-40 degrees while at rest. (May remove your brace 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:
 - A. Temperature over 101.5 degrees or severe chills.
 - B. Severe pain not relieved by prescribed medications.
 - C. Numbness, redness, or tingling of operative extremity.
 - D. Excessive swelling, paleness or coldness of operative extremity as compared to other.
- A member of our staff will call the day after surgery to see how you are doing and answer any questions you may have.
- Additional instructions: If taking pain medication, drink plenty of water and take fiber to avoid constipation.
- Keep your post-operative appointment at Coastal Orthopedics.

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