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

POST-OP INSTRUCTIONS AFTER KNEE PARTIAL MENISCECTOMY

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. You may remove the dressing after three days and place waterproof bandages over the incisions. You can resume regular showering, but avoid soaking in a tub or pool.

Begin with limited activity. As you become more comfortable, gradually increase your activities as your body tolerates. You can weight bear as tolerated and use crutches/walker as needed.

Elevate the operative knee whenever possible to help with swelling. Avoid keeping the knee in a bent position for prolonged periods. Make an effort to move your knee regularly.

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.

Ice operative site for 20 minutes every hour as needed for symptomatic relief.

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.