

1. Remove the dressing on postoperative day #1.
2. Apply Band-Aids to the wounds. Please do not use bacitracin or other ointments under the bandage. Use the Cryo/Cuff as often as possible for the first 3-4 days, then as needed for pain relief. An ACE wrap may be used to help control swelling. Do not wrap the ACE too thickly or the cold will not penetrate.
3. You may shower on postoperative days #1-2. Gently pat the area dry. Cover the wounds with waterproof Band-Aids. Do not soak the knee in water or go swimming until your sutures are removed.
4. Keep your leg elevated with a pillow under your calf, NOT under the knee.
5. Please call the office to schedule a follow-up appointment for suture removal 7-10 days after your surgery.
6. If you develop a fever (101.5) or redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
7. You may experience some low back pain due to muscle spasms from the epidural anesthesia. If so, apply a heating pad to the affected area and take an analgesic if you have not already done so.
8. Enclosed are two prescriptions. Naprosyn, an anti-inflammatory medication, is to be used twice a day **with breakfast and dinner**, for the first 10 days after surgery. Vicodin, a narcotic, is to be used on an **as needed** basis for pain in addition to the Naprosyn.

If you have any questions, please call our office.

If you have any difficulty using anti-inflammatory medications or aspirin, or have a history of ulcer disease, you will only use the Vicodin postoperatively.

If you find that the Naprosyn is upsetting your stomach, please call our office to review the medications.

See next page for rehabilitation/exercise instructions.

Meniscus Repair Postoperative Exercises and Rehabilitation Regimen:

- Use postoperative knee brace locked in full extension for first 4 weeks
- Weight bearing as tolerated with brace locked at zero degrees
- Use crutches for 1-2 weeks
- Unlock brace at 4 weeks and return to normal gait
- Discard brace at 6 weeks
- Range of motion of operative knee:
  - Weeks 0-2: 0-70
  - Weeks 3-4: 0-90
  - Week 5: full range of motion
- Begin isometric quad sets in full extension immediately:
  - straight leg raises with knee in full extension
  - quad setting
- Begin exercise bike and closed kinetic chain exercises at 2-4 weeks
- Return to running at 3-4 months
- Return to full sports 4-5 months