

## **ISOLATED MENISCUS REPAIR**

### **Post- Operative Visit Objectives**

- 1) **Review** the operative findings, procedures and photos.
  - 2) **Medications:** Make sure they are effective and not causing problems.
    - a) **ECASA (Enteric-coated Aspirin)** should be taken for the next 3 weeks after surgery to help minimize soreness, aching, swelling and prevent blood clots. If you have had any problems, allergies, or stomach intolerance stop taking these medicines and please tell us!
    - b) **Vicodin (Hydrocodone/Acetaminophen)** for pain. This is an excellent pain reliever that is a combination of a narcotic plus Tylenol. You may take 1 or 2 tablets every 6 hours as necessary. Since we have been using the present protocol of local anesthesia, patients require much lower amounts of pain medicines! In place of Vicodin, you may also use plain Extra Strength Tylenol, 1 or 2 tablets every 6 hours.
  - 3) **Wound Care:**
    - a) Today we will change your dressings. We will re-dress the incisions with gauze and an ACE bandage for the first week. If you continue to bleed you will need to change the gauze from this dressing, otherwise leave the dressings on without changing.
    - b) The **white stocking** will stay on for **1 week**.
    - c) **Please keep the incisions as dry as possible.** To shower you will need to cover the gauze and ACE wrap with a plastic bag so that the incisions do not get wet. We will water-proof the incision site once the sutures have been removed.
  - 4) **Exercises and Physical Therapy:**
    - a) Continue **straight leg raises 4x/day**.
    - b) Use the **ice machine** or **Ice Packs every hour**.
    - c) The hinged knee **brace** will be locked at **0° for the first week**.
    - d) Sutures will be removed at 1 week after surgery. After this, **range of motion** will gradually **increase as tolerated to 90°** in the brace.
      - i) The **brace** stays on for **3 weeks when you are up and about**.
    - e) Physical Therapy: You may begin **Physical Therapy 3 weeks after surgery**.
      - i) We will give you the referral at your 1<sup>st</sup> of 2<sup>nd</sup> post-operative visit.
    - f) In most cases you will start the pedlar and/or biking progressions at or by 3 weeks.
  - 5) **Crutches:**
    - a) Make sure that you use **crutches for 3 weeks**.
      - i) You will be on a **partial weight-bearing (PWB)** status with the crutches.
  - 6) **Follow Up Appointments:**
    - a) Schedule a follow up visit in approximately 7-10 days for Suture removal *if necessary* (we will tell you). The next appointment to follow will be at 6 weeks from your surgery date.
  - 7) **Notes etc:**
    - a) Make sure you have all necessary notes and documentation for school or work.
  - 8) **Issues: Remember, our goal is to make this process smooth and easy.**  
**If you have any questions, please ask us or call 310 829-2663 x1293!!!**
- Michael B. Gerhardt, M.D. and Team