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ORTHOPAEDIC SURGEON
Sports Medicine Specialist

POSTOPERATIVE INSTRUCTIONS
Meniscus Root Repair

** Please note that the instructions provided below are general guidelines to be followed; however, any written or verbal instructions provided by Dr. Bogard or his staff supersede the instructions below and should be followed.

PLEASE READ THESE INSTRUCTIONS COMPLETELY AND ASK FOR CLARIFICATION IF NECESSARY - DIRECT QUESTIONS TO YOUR NURSE BEFORE LEAVING THE SURGERY CENTER OR VIA PHONE/EMAIL TO DR. BOGARD'S STAFF AFTER ARRIVING HOME

DIET

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

WOUND CARE

- Maintain your operative dressing, loosen bandage if swelling of the foot and ankle occurs.
- It is normal for the incision sites to bleed and the knee to swell following surgery. If blood soaks onto the ACE bandage, do not become alarmed, reinforce with additional dressing.
- To avoid infection, keep surgical incisions clean and dry – you may shower by placing a plastic covering over the surgical site beginning the day after surgery.
- Remove surgical dressing on the 3rd postoperative day – if minimal drainage is present, apply Band-Aids or a clean dressing over incisions and change daily. You may then shave as long as the wounds remain sealed with the Band-Aid.
- You may begin to shower on the 3rd postoperative day after removing the surgical dressing as long as the incisions are dry (without drainage). Do not scrub the incision sites. Place new Band-Aids over the incision sites after showering.
- DO NOT place wounds under water (in bath or pool) until instructed by Dr. Bogard's office.

MEDICATIONS

- Local anesthetics are injected into the incisions and knee joint at the time of surgery. This will wear off within 8-12 hours and it is common for patients to encounter more pain on the 1st or 2nd day after surgery when swelling peaks.
- Most patients will require some narcotic/opioid pain medication for a short period of time – this can be taken as per directions on the prescription.
- Common side effects of the pain medication are: nausea, drowsiness, and constipation. To decrease the side effects, take the medication with food. If constipation occurs, consider taking an over the counter laxative.
    - If you are having problems with nausea and vomiting, contact the office.
    - DO NOT drive a car or operate machinery while taking narcotic medication.
- If you are having pain that is not being controlled by the pain medication prescribed, you may take an over the counter anti-inflammatory medication such as ibuprofen or naproxen in between doses of pain medication. This will help to decrease pain and the amount of narcotic medication required.

    - Please take as directed on the bottle.
- Take 81mg Aspirin twice daily for 2 weeks following surgery to lower the risk of developing a blood clot after surgery.
    - Please contact the office should severe calf pain occur or significant swelling of the calf or ankle.

ACTIVITY

- Elevate the operative leg to chest level whenever possible to decrease swelling.
- Do not place pillows under knees (i.e. do not place knee in a flexed or bent position), but rather place pillows under the foot/ankle.
- Use crutches to assist with walking – you will be **NONWEIGHTBEARING** on the operative leg for 4-6 weeks after surgery
- Do not engage in activities which increase knee pain/swelling (prolonged periods of standing or walking) for the first 7-10 days following surgery.
- Avoid long periods of sitting (without leg elevated) or long distance traveling for the first 2 weeks following surgery.
- DO NOT drive until instructed by Dr. Bogard.
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable.

BRACE

- Your brace should be worn fully extended (straight) at all times (day and night – except for exercises) until otherwise instructed after the 1st post-operative visit.
- Remove brace for flexion (knee bending) exercise done in a NON-weightbearing position (lying or sitting)

ICE THERAPY

- Icing is very important in the initial postoperative period and should begin immediately after surgery.
- Use ice packs for 40 minutes every 2 hours daily until your first postoperative visit – remember to keep leg elevated to level of your chest while icing. Care should be taken with icing to avoid frostbite to the skin.
- If you have opted for the BREG Polar Care Wave cold/compression therapy unit, please follow the directions as directed.
    - More information with instructional video can be found at: https://www.breg.com/products/cold-therapy/devices/polar-care-wave/

EXERCISE

- Begin exercises 24 hours after surgery (straight leg raises, quad sets, heel slides, and ankle pumps) unless otherwise instructed.
- Discomfort and knee stiffness is normal for a few days following surgery. It is safe to bend your knee in a non-weightbearing position when performing exercises unless otherwise instructed.
- Complete exercises 3-4 times daily until your 1st post-operative visit – your motion goals are to have complete extension (straightening) and 90 degrees of flexion (bending) at your 1st post-operative appointment unless otherwise instructed.

- Perform ankle pumps continuously throughout the day to reduce the risk of developing a blood clot in your calf.
- Formal physical therapy (PT), if indicated, typically begins after your 1st post-operative appointment 7-10 days after the procedure. A prescription and protocol will be provided at your 1st post-op visit.

****EMERGENCIES****

- Contact Dr. Bogard's office at **858-703-1000** if any of the following are present:
    - Painful swelling or numbness (note that some swelling and numbness is normal)
    - Unrelenting pain
    - Fever (over 101° - it is normal to have a low-grade fever or chills for the 1st day or 2 following surgery)
    - Redness around incisions
    - Color change in foot or ankle
    - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
    - Difficulty breathing
    - Excessive nausea/vomiting
    - Calf pain
- If you have an emergency after office hours or on the weekend, contact the office at **858-703-1000** and you will be connected to our pager service.
- If you have an emergency that requires immediate attention proceed to the nearest emergency room.

FOLLOW-UP CARE/QUESTIONS

- If you do not already have a post-operative appointment scheduled, please contact our scheduler at **858-703-1000** to schedule.
- Typically the 1st post-operative appointment following surgery is 10-14 days following surgery
- Your 1st post-operative appointment will be scheduled with Dr. Bogard, he will do a wound check, go over therapy protocols and answer any questions you may have about the procedure.
- If you have any further questions please contact **858-703-1000**.
    - Non-urgent questions after hours or on the weekends can be best sent via email to: **info@bogardortho.com**