

Post-Op Instructions Arthroscopic Meniscectomy/Debridement

Dr. Burka

Please note that these instructions are general guidelines to be followed; however, any written or verbal instructions provided by your provider supersede the instructions below and should be followed.

WOUND CARE

- It is not uncommon to have leakage of fluid into and around the dressing the first 48 hours. Reinforce the dressing with gauze until the first dressing change.
- You can change your surgical dressing 48 hours after surgery. Begin by removing the tape and all of the bulky padding then apply gauze and paper tape over the portal sites. You can also use Band-Aids instead.
- Change once per day until you return to our office for your first post-operative visit.
- You can shower 48 hours after surgery. Do not saturate or get the incision submerged in a bathtub, pool, or Jacuzzi or hot-tub.

SWELLING

- The arthroscopic procedure involves filling up the knee joint with fluid. It is common to experience some swelling or drainage after surgery, but this fluid should be reabsorbed within the first few days after surgery.
- Ice can be used on your knee as often as you'd like, until the bulky dressing is removed. Then ice can be applied for 20 minutes at a time as often as needed for pain and swelling.

ACTIVITY

- Exercises are an important part of your recovery. You can start your basic exercises the day after surgery, depending on your comfort.
- If surgery as on your left knee you may begin driving within a few days, as comfort allows and if you are not taking any narcotic pain medicine. If surgery was on your right knee you must wait to be seen at your first visit to discuss driving.

MEDICATIONS

- You may be prescribed one of the following medications to be used after surgery at home. Please take these how they are prescribed on the actual prescription

Percocet (oxycodone/acetaminophen): A strong narcotics pain reliever. Do not exceed 10 tablets in a 24 hour period.

OR

Norco (Hydrocodone/acetaminophen): A narcotic pain reliever as well. Do not exceed 10 tablets in a 24-hour period.

- Keep in mind that all narcotics will cause drowsiness and should not be used with alcohol or if driving. Taking this medication on an empty stomach can result in an upset stomach. It is common to feel the most discomfort when lying down to sleep at night, so you may find it beneficial to take the medication at bedtime. If unusual side effects occur, please discontinue the medication and contact our office. When additional refills are needed, please call our office during business hours.

EMERGENCIES

- With any surgery it is important to be aware of any signs of infection, which can include: unusual looking or smelling drainage (green/yellow), increased redness and tenderness around the incision site, or fever (i.e. 101 degrees or above) and chills. Also, be aware of excessive bleeding or continued numbness and tingling. If you experience any of these symptoms, please call our office. There is a doctor on call 24 hours a day.

FOLLOW-UP CARE/QUESTIONS

- If you do not already have a post-operative appointment scheduled, please contact our office at 740-454-3273 to schedule.
- Typically, the first post-operative appointment following surgery is 10-14 days following surgery. If you have any further questions please contact us during office hours.