



## **Deborah A. Faryniarz, MD Inc.**

- Sports Medicine and Shoulder Fellowship, The Hospital for Special Surgery
- FORUM, Society of Fellowship Trained Women in Orthopaedic Surgery
- Diplomate American Board of Orthopaedic Surgery
- Member American Orthopaedic Society for Sports Medicine
- Member Arthroscopy Association of North America
- Fellow American Academy of Orthopaedic Surgeons

## **Postoperative Instructions**

### Arthroscopic Knee Meniscectomy and Debridement

**Crutches:** Should be used until you are comfortable walking (usually 2-3 days).

#### **Ice**

- Apply an ice pack or Game Ready icing machine to the knee as often as possible for the first 3-7 days to reduce pain and swelling. You may ice as often as 30 minutes every hour but not less than 3x/day. If using Game Ready, use the no pressure or low pressure setting with soft cloth on skin.

#### **Medications**

- Pain medication injected into the joint during surgery will wear off within 8-12 hours.
- Most patients require a narcotic (i.e. Percocet or Vicodin) for a short period of time. Please follow the prescription directions.
- Common side effects of pain medications include drowsiness, nausea, and constipation. To minimize side effects, take medications with food. You may take an over-the-counter laxative (i.e. Colace) if needed. Do not drive or operate any machinery while on narcotics.
- You may take anti-inflammatory medication (400 mg Motrin/Advil) between doses of narcotics to help control pain. Take with food to avoid stomach upset. Do not take if you have a history of ulcers.
- If you experiencing any problems or uncomfortable side effects, please contact our office.

#### **Wound Care**

- Remove the dressing, but not the Steri-strips, two days after surgery. You may cover the wound with Band-aids if any drainage is present. It is normal to have some drainage and swelling after surgery. If the dressing becomes soaked, you may reinforce it with additional dressing.
- Avoid any ointments around the incisions.
- Keep wounds clean and dry for the first 5 days. If you wish to shower during this time, cover your knee with a large plastic bag or take a sponge bath. After 5 days, you may shower, but do not soak in a bathtub or hot tub until after the first post-op visit.
- Your post-op appointment is on your surgery instruction sheet (usually 7-14 days after your surgery). If you need to reschedule, please call Tina or Kim at (408) 559-3888.
- **If you develop a fever (temperature > 101.5), excessive drainage, redness around the incision, calf pain, or difficulty breathing notify Dr. Faryniarz at (408) 559-3888.**

#### **Activity**

- You should start physical therapy the first week after your surgery. Please call our office if have not received an appointment or physical therapy prescription.
- You may begin gently moving the knee and doing straight leg raises your first post-op day with the goal of bending 90 degrees and fully straightening your knee by your first visit unless otherwise instructed.
- **NO** driving is allowed until you are off narcotics and can bend the knee to 90 degrees.
- If pain permits, you may return to (sedentary) work or school 3-4 days after surgery as long as you can keep your leg elevated (foot above knee and knee above hip).
- Elevate operative leg to chest level whenever possible to reduce swelling.
- Do not engage in activities which increase knee pain or swelling for the first 10 days after surgery as it may compromise your long term results.
- Avoid prolonged sitting (without leg elevated) or long distance travel for 2 weeks.