

Andrew J. Riff, MD, Hinsdale Orthopaedic Associates S.C.

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Phone: For appointments and calls after business hours (8-4:30 M-F) please call 630-323-6116 (central scheduling and call forwarding). For clinical concerns during business hours, please call Dr. Riff's office (630-920-2314).

Post-Operative Instructions – Meniscal Allograft Transplantation

Prescription Meds:

1. Norco (hydrocodone/acetaminophen): This is used for pain control. Take 1-2 tablets every 4-6 hours as needed for pain. Pain levels are highest on days 1 thru 3 post op, so you will want to take this on a regular schedule. After that, take as needed. Do not drive, drink alcohol or take Tylenol while taking this medication.
2. Zofran 4mg: This is for nausea. Keep this prescription on standby in case you experience significant nausea associated with the pain medication.
3. Colace 100mg (over the counter): Take two 100mg tablets (200mg), twice daily to prevent constipation after surgery.
4. Aspirin 81mg (over the counter): Take one 81mg tablet daily for 3 weeks to minimize your risk of a blood clot.

Wound Care: Leave the big surgical bandage on and do not shower for 48 hours after surgery. It is normal for the knee to bleed and swell following surgery. If blood soaks onto or through the dressing, this is not significant cause for concern. This is common for the first 24-48 hours after surgery. You may simply reinforce the dressing with gauze or change to a new clean dry gauze. After 48 hours, remove bandages, and apply waterproof Band-aids to the incision(s) prior to showering (available at Walgreens or CVS). To see bloody soaked fluids on bandages is normal. Leave the steristrips (white tape) on. Replace waterproof bandages with a clean dry regular Bandaid over each incision, after showering. Do not cut any stitches or apply any ointments or lotions to the wounds. Do not soak in any pool or bath water until 4 weeks after surgery.

Brace: Your brace should worn fully extended at all times. The brace may be unlocked of bending exercises when non-weight bearing (lying or sitting).

Activity: You must use crutches to maintain toe touch weight bearing x 6-8 weeks. Elevate the operative leg to chest level whenever possible to decrease swelling. You may return to sedentary work or school 3-4 days after surgery if the pain is tolerated.

Physical Therapy: You may initiate gentle exercises 24 hours after surgery including straight leg raises, quad sets, heel slides, and ankle pumps. Do ankle pumps continuously throughout the day to reduce the possibility of a blood clot (very uncommon). Formal physical therapy will begin after your first postoperative visit.

Ice Therapy: It is very important to keep ice on your knee during the initial post-operative period (first 5-7 days). This should begin immediately after surgery.

Follow-up: You will need to follow up in clinic with Dr. Riff in 10-14 days. Please call central scheduling to make an appointment. At this visit you will receive updated instructions on your weight bearing, brace use and physical therapy.

When should you contact the office?

- If you have a fever >101.4 (a low grade temp is expected after surgery), but let us know if it gets this high!
- You develop chills or sweats
- You have pus or excessive bloody drainage from the wound, or if you have pain or redness surrounding the incision sites.
- You have nausea and vomiting that will not resolve with Zofran.
- Shortness of breath or chest pain