

Dr. Michael B. Ellman

**POSTOPERATIVE INSTRUCTIONS:
ARTHROSCOPIC CHONDRAL DEBRIDEMENT/MENISCECTOMY**

DIET

- Start with clear liquids and light foods (jellos, soups, etc.) and gradually progress to your normal diet.

WOUND CARE

- Maintain your operative dressing, loosen bandage if swelling of the foot and ankle occurs.
- It is normal for the knee to bleed and swell following surgery – if blood soaks onto the bandage – reinforce with additional dressing.
- Remove surgical dressing on the *third* post-operative day. Apply waterproof band-aids and change daily.
- To avoid infection, keep surgical incisions clean and *dry* – you may shower by placing a large bag over your brace starting the day after surgery – NO immersion of operative leg (i.e. bath).
- Avoid smoking – this increases your risk of infection.

MEDICATIONS

- Common side effects of pain medication are nausea, drowsiness, and constipation. If constipation occurs, consider taking an over-the-counter laxative.
- Do not drive a car or operate machinery while taking the narcotic medication.

ACTIVITY/EXERCISE

- Elevate the operative leg to chest level whenever possible to decrease swelling.
- Use crutches to assist with walking – bear as much weight as tolerated on operative leg unless otherwise instructed by the physician.
- Avoid prolonged periods of standing, walking or sitting (without leg elevated) over the first 7-10 days following surgery. Avoid long distance traveling for 1 week.
- NO driving until instructed otherwise by physician.
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable.
- Begin exercises 24 hours after surgery 3-4 times a day (straight leg raises, quad sets, heel slides, and ankle pumps) unless otherwise instructed. The goal is to reach full extension (straightening) and 80-90 degrees knee flexion (bending) by your first post-op visit.
- Discomfort and knee stiffness is normal for a few days following surgery – it is preferable to periodically bend your knee while non-weightbearing (unless otherwise instructed by physician).

ICE THERAPY

- Begin immediately after surgery.
- Use ice machine continuously or ice packs (if machine not prescribed) every 2 hours for 15-20 minutes daily until your first post-operative visit – remember to keep leg elevated to level of chest while icing.

EMERGENCIES

Contact Dr. Ellman or his assistant at (303)233-1223 if any of the following are present:

- Unrelenting pain
- Fever over 101° (it is normal to have a low grade fever for the first day or two following surgery) or chills
- Excessive redness around incisions
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting

**If you have an emergency after office hours or on the weekend, contact (303)-233-1223 and the Physician's Assistant on call will respond. Do NOT call the hospital or surgery center.

**If you have an emergency that requires immediate attention, proceed to the nearest emergency room.