



Dr. Joshua Alpert
Post-Operative Surgery Instructions:
Knee: Meniscus Surgery

Immediately After Surgery in the Recovery Room:

- After surgery you will be taken to the recovery room, where your family can meet you. You will have an ace wrap on your operated knee. You are **NON-WEIGHT BEARING**, which means you **CANNOT** put weight on the operative leg.
- Please use crutches to ambulate.
- You will be provided with a knee brace that must be worn at all times.
- You may have a cooling device on your knee. This is used on the post-operative knee to reduce pain and swelling.
- It is encouraged that you move your ankle, foot, and toes as much as possible to increase circulation. If you have had a nerve block, that may not be possible on the recovering extremity for up to 24 hours.
- A nerve block has been used to decrease pain in your knee and will wear off after surgery anywhere between 6-24 hours. This can vary significantly by individual.
- You will receive a prescription for pain medication for your return home. We recommend taking the first dose immediately upon returning home, and then as needed.

After Surgery at Home:

- Post-operative pain medication was sent to the pharmacy prior to surgery. The postoperative pain medication standard is Norco.
- The day after surgery, begin taking 81 mg of aspirin twice a day for a total of two weeks. If you are already on a blood thinner, please discuss with Dr. Alpert to see how to proceed.
- You may begin bending the knee the day after surgery.
- The large dressing can be removed and a smaller bandage applied at home 48 hours after the surgery. You will see small band-aids called steri-strips that look like pieces of tape covering the incision. These can get wet without an issue, and they should remain on until they fall off on their own.
- You may shower after 48 hours, and it is safe to get the wound wet. No soaking the wound (no baths/pools/hot tubs) until wound is completely healed.
- Elevate and use the knee cooling device or ice as necessary for 3-7 days. Elevation and cooling help reduce pain, swelling, and inflammation. If you notice these are no longer offering any benefit, feel free to stop using them.
- Pain medication: We will not call in medication refills after 5pm or on the weekend. Please let our office know during business hours when a refill is needed, and we will call it in per office policy.

- Physical therapy recommendations will be made during your first office visit after surgery.

First Post-Op Office Visit:

- Please arrange to see Dr. Alpert, PA Christina, or PA Joe in the office 3-10 days after surgery for follow up, further instructions, and PT recommendations.
- Physical therapy recommendations may be made at your first post-operative visit. If necessary, an initial prescription is usually 2-3 times a week for 4-6 weeks.
- If you have any questions or concerns regarding your surgery or the rehabilitation protocol, please contact Dr. Alpert's office at 224.293.1170 and ask for Christina (PA), Joe (PA), or Nikki (secretary).

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