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Patient Sticker Here

Date

Post-Operative Instructions
Knee Arthroscopy with Meniscal Repair

1. Remove the dressing on post-op day #2.
2. Apply Band-Aids to the wounds. Please do not use bacitracin or other ointments under the bandage. Use ice every 4 hours for 3-4 days, then as needed for pain relief. An ace wrap may be used to help control swelling.
3. You may shower on post-op day #3. Keep the knee dry with a bag or plastic wrap. Gently pat the area dry. Do not soak the knee in water or go swimming in the pool or ocean until your sutures are removed.
4. Keep your leg elevated with a pillow under your calf, NOT under the knee.
5. Exercises to be performed 2-3 times daily:
 - * Gentle range of motion of the knee: bending and straightening. LIMIT TO 90 DEGREES OF KNEE FLEXION.
 - * Straight leg raises, with foot straight and turned out. Goal is 25 reps three times per day.
 - * Isometric quadriceps contractions.
 - * Bledsoe brace for the first 4 weeks.
 - * Toe touch weight-bearing on affected leg with the brace locked in extension.
6. Please call the office to schedule a follow-up appointment for suture removal, 7-10 days post-operatively.
7. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
9. Enclosed are two prescriptions for you to use post-operatively. Naprosyn, an anti-inflammatory medication, is to be used twice a day with breakfast and dinner, for the first five days after surgery. Percocet, a narcotic, is to be used on an “as needed” for pain in addition to the Naprosyn.

If you have any questions, please feel free to call our office.

If you have any difficulty using anti-inflammatory medications or aspirin, or have a history of ulcer disease, you will only use the Percocet post-operatively.