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POSTOPERATIVE INSTRUCTIONS - KNEE ARTHROSCOPY WITH MENISCUS REPAIR

WEIGHT BEARING / MOVEMENT

You are NOT to bend your knee past 90 degrees for the first 6 weeks after surgery. Use crutches for the first 6 weeks with weight bearing as tolerated on the surgical side. You will have a knee brace locked straight while using crutches to ambulate, to help protect the repair. Keep the brace locked straight while sleeping as well.

ICE

An ice machine will be provided to you for after surgery. This will help decrease swelling and pain after your surgery. Use the ice machine as much as possible when you get home at intervals of 20 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping.

If you did not receive an ice machine – you should use ice packs every 2-3 hours for 20 minutes at a time. Elevate your knee so that your toes are above your nose, to help reduce swelling.

MEDICATIONS

Local anesthetic will be injected into your knee after the completion of the surgery. This medication will wear off in 5 to 6 hours. To control your pain during this transition while the anesthetic is wearing off, you are to eat first and then begin taking the **pain medication** (Percocet, Norco). The pain medication can be taken 1-2 pills every 4-6 hours. You can supplement your pain medication with an anti-inflammatory (e.g. Advil, Aleve, etc.) – this will help you wean from the narcotic pain medication. Pain medication can cause constipation, you may take miralax once a day over the counter. You may also take Colace 100mg 1-2x/day. A **sleeping medication** (e.g. Ambien or Benadryl) is also provided to help you sleep at night. Take one tablet 15-30 minutes before you plan to sleep.

Please take 81mg of Aspirin daily for two weeks after surgery, to reduce risk of a DVT (blood clot).

DRESSING/BANDAGES

Keep your surgical dressing clean and dry. You may remove your dressing two days after surgery. Please place band-aids over the incision sites. At this you may take a shower, however you should avoid direct contact on the incision sites. Water-proof band-aids over the incision sites are very helpful. Please keep the incision sites clean and dry. Do not take a bath or submerge your knee in water until your incision are checked at your first post-operative visit.

TEMPERATURE

It is normal to have an elevated temperature during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision sites, or if there is increased drainage from the incision sites.

APPOINTMENT

It is likely that our practice coordinator has already scheduled a post-operative visit for you. This should occur 7-10 days after surgery. At that visit your sutures will be removed, and you will be given a prescription for physical therapy.

If you need anything, the easiest way to us is to call 818-703-3333 or utilize the “Contact Us” tab on

laorthos.com.