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Knee Arthroscopy/Surgery with Repair: Postoperative Instructions

Procedure:

- Meniscal Repair Cartilage Transplant
- Quadriceps/Patellar tendon repair
- Other _____

Diet: Resume regular diet as tolerated

Medication: Take pain medicine as prescribed, as needed
Please avoid taking non-steroidal anti-inflammatory medication (*i.e.* Motrin, Advil, Aleve) for 4 weeks after surgery unless specifically instructed to do so by your surgeon.
Please resume regular medication regimen the day after surgery
Other: **ASA 81mg PO Daily x 2 weeks, begin first day after surgery**

Activity:

- Minimize activity the day of surgery.
- Apply ice, even though bandages are thick and you may not feel the cold. Apply the ice to the knee 4-5 times per day for 20-30 minutes at a time, or use ice/compression machine (if covered by your insurance).
- Elevate operative extremity (above your heart level) 4-5 times a day for 20-30 minutes at a time. Place a rolled towel under your ankle to maintain full extension of your knee. Try not to lie with a pillow under your knee in order to maintain full extension.
- You may:
 - Bear weight as tolerated on your operative leg with crutches and your brace locked in extension
 - Partial-weight bear on your operative leg with crutches and your brace locked in extension
 - NOT** bear weight on your operative leg until instructed by Dr. Dhar
- Move foot/ankle up and down 4-5 times an hour to decrease stiffness in your lower leg starting the first day after surgery.
- **DO NOT** use heat
- **DO NOT USE** exercise equipment unless otherwise instructed.

Wound & Dressing care:

- Keep the dressing dry.
- You can expect some light bloody wound seepage through the bandage. **DO NOT BE ALARMED.** This is normal.
- Your knee can become very swollen. It may take a week or longer for all of this to go away. It is also common to notice bruising around the knee as the swelling resolves.
- You may:
 - Remove all dressings 72 hours after the surgery and cover incisions with band-aids. **DO NOT** remove any steri-strips (white rectangular strips stuck to skin).
 - Maintain the surgical dressing. **DO NOT** remove the dressings until follow up appointment.
- Do not put any ointments or creams on the incisions.

Showering:

- You may shower 3 days after surgery. **DO NOT** immerse the knee under water (*i.e.* baths or swimming) and **DO NOT** rub the incisions. Cover incisions with band-aids after showering.
- **DO NOT** get the incisions or dressing wet.

Ice/Compression Machine:

- This is **NOT** used in all cases; coverage may depend on your insurance.
- If your insurance company has approved the machine, a company will call you and it will be delivered to your house. You should use it for the first 2-4 weeks.
- You may remove your leg from the brace to use the machine.

Notify your physician if you experience any of the following:

- Any fever over 101.5 degrees
- Change in pain or excessive pain
- Excessive wound drainage

Specific Instructions: Please call 914.686.0111 to schedule your follow up appointment for **5-7 days** after your surgery. We will review the surgical findings during your post-operative visit and initiate your rehabilitation program.