Place label here

NAME OF PATIENT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MRN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**Kristofer J. Jones, M.D.**

Sports Medicine, Shoulder Surgery and Cartilage Restoration

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**POST-OPERATIVE INSTRUCTIONS - KNEE ARTHROSCOPY w/ MENISCAL REPAIR or MENISCECTOMY**

**WOUND CARE**

* You may remove the Operative Dressing on Post-Op Day #3.
* KEEP THE INCISIONS CLEAN AND DRY.
* Apply Band-Aids or gauze/tape to the wounds. Change the dressing daily. Please do not use Bacitracin or other ointments on the incision.
* An ACE wrap will be applied to help control swelling. Do not wrap the ACE too tight when reapplied.
* Use Ice or the Cryocuff as often as possible for the first 14 days, then as needed for pain relief. Place a dry towel between your skin/wound and the cryocuff to avoid direct contact. We recommend using it for 20 minutes every hour as much as possible.
* You may shower on Post-Op Day #3. Gently pat the area dry. Do not soak the knee in water. Do not go swimming in the pool or ocean until approved by Dr. Jones.

**EXERCISES**

* Keep your leg elevated with a pillow under your calf, NOT under the knee to maintain full extension with the leg perfectly straight. The knee should not be in a position of flexion.
* Please perform the exercises described by Dr. Jones:
  + - * Towel Roll Under Heel to maintain full extension
      * Isometric Quadriceps Strengthening
      * Straight Leg Raise
      * Seated Active Assisted Range of Motion Exercises

**POST-OP**

* Enclosed are two prescriptions for you to use post-operatively:
  + - * An anti-inflammatory medication is to be used twice a day with breakfast and dinner, for the first ten days after surgery.

**\*\* IF YOU HAVE AN ULCER HISTORY OR DIFFICULTY USING ANTI-INFLAMMATORIES OR ASPIRIN >> USE ONLY THE NARCOTIC**

* + - * A strong narcotic is to be used only on an “as needed” basis for pain in addition to the anti-inflammatory.
* If you have any adverse effects with the medications, please call our office.
* If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

**FOLLOW-UP**

* Please call the office to schedule a follow-up appointment for your suture removal, 10-14 days post-operatively.

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE AT (310) 825-6095.**