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## **Dr. Lowry's Post-Op Instructions** **Knee Arthroscopy with Meniscus Repair**

### **Patient:**

1. Remove your dressings in 48 hours & shower only (no bathing). Immediately dab your incisions dry, apply medium band-aids, & replace the compression stocking to the thigh.
2. Keep your foot elevated at or, preferably, above heart level. This will dramatically help to decrease the expected swelling in your leg/ankle/foot. Remember: you can't elevate your foot too much & gravity is your enemy.
3. To decrease the risk of a blood clot, you will be given thigh-high compression stockings & prescribed a daily aspirin; both are to be used for three weeks.
4. You will also have a "cryo cuff" of "polar care" placed over your dressings. This is a device that circulates cold water around the knee to keep down the initial swelling after surgery. Your nurse will instruct you & your family on how to properly use it.
5. Apply two properly sealed ice packs to your knee for 72 hours after your surgery if you are not given one of the above devices.
6. You will wear the knee brace at all times for 6 weeks. It's OK to remove it for showers/hygiene. This will give you support. Within the first two weeks, the brace will be locked out in full extension. After your first visit, the brace will be "opened up" to 60 degrees of flexion for two weeks, then 90 degrees for two weeks, and finally completely released to allow complete flexion (bending) of your knee.
7. You will also be sent for P.T. to start a motion program AFTER your first clinic visit.
8. Use your crutches at all times when getting up & around. You can only place your foot on the ground for balance (toe-touch weight bearing) for 6 weeks.
9. Please make an appointment to see me in 14 days. At that time, your sutures will be removed & your brace adjusted to 60 degrees.

If you have any other questions or concerns please call my clinic.

Sincerely,

A handwritten signature in purple ink, appearing to read "J. K. Lowry".

Dr. Jason K. Lowry, MD FAAOS