

Jason K. Lowry, MD FAAOS

**FL2145921
T0188705**

www.jasonlowrymd.com
www.arlingtonortho.com



**ARLINGTON ORTHOPEDIC
ASSOCIATES, P.A.**

LIFE IN FULL MOTION

Arlington Orthopedic Associates

800 Orthopedic Way
Arlington, TX 76015
p: (817) 375-5200
f: (817) 299-1789

2801 East Broad St
Mansfield, TX 76063

2001 N. MacArthur Blvd
Ste 630
Irving, TX 75061

DATE:

Dr. Lowry's Post-Op Instructions **Left/Right Knee Arthroscopy with:**

- Chondroplasty
- Partial Meniscectomy
 - Medial
 - Lateral
- Loose Body Removal
- Synovectomy
- Subchondroplasty

1. OK to remove your dressings in 48 hours & shower only. Immediately dab your incisions dry, place medium band-aids & replace the ace wrap up 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. A "cryo cuff" or "polar care" unit may be sent home with you. Please discuss it's use with your nurse after surgery. It will decrease swelling & pain for the first 72 hours.
4. If you did not have a 'cryo cuff' sent home with you, then apply two properly sealed ice packs to your knee for 72 hours after your surgery.
5. Stiffness is your enemy, so active & passive motion of the knee is the key. Please refer to the exercises provided in your post-operative packet or you can refer to my website for more details: www.jasonlowrymd.com. Progress as your pain dictates with walking & using crutches. Eventually, you can wean off of the crutches as your pain improves.
6. If you're walking without much discomfort & have no stiffness or weakness issues, then you likely will NOT need formal physical therapy. This will be determined at your first post-op visit.
7. Please make an appointment to see me in 14 days.

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

Sincerely,

Dr. Jason K. Lowry, MD FAAOS, 1