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DATE:

Dr. Lowry's Post-Op Instructions

LEFT/RIGHT Knee Arthroscopy with ACL Reconstruction

1. OK to remove your dressings in 48 hours & shower only. Immediately dab your incisions dry, place medium/large sized band-aids & replace the ace wrap up to the thigh (no bathing).
2. If you are at risk for blood clots, you will be given compression stocking to be worn for three weeks & prescribed a daily aspirin for three weeks.
3. 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.
4. You will also have a "cryo cuff" 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. Stiffness is your enemy, so active & passive motion of the knee is key. You should wear the knee brace at all times for 6 weeks. It's OK to remove it to shower. This will give you support, but also allow you motion. You will also be sent for Physical Therapy to start a range of motion program right away. Your brace will be unlocked (to allow complete flexion) after your first clinic visit.
6. Use your crutches at all times when getting up & around. If you have a meniscal repair, then you can only place your right foot on the ground for balance (toe-touch weight bearing) for 4 weeks. But, if you have the meniscus debrided, then you can put full weight on your leg immediately. The crutches will just help with your initial discomfort.
7. Please make an appointment to see me in 10 days. At that time, your sutures will be removed & your brace unlocked.

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

Sincerely,

Dr. Jason K. Lowry, MD FAAOS, 1