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LIFE IN FULL MOTION

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DATE:

Dr. Lowry's Post-Op Instructions **LEFT/RIGHT Knee Arthroscopy with Meniscus Repair**

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. If you are at high risk for developing a blood clot, you will be prescribed a daily aspirin for both three weeks.
4. You will also have a "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. Wear x 48 hrs while you have your initial dressings on. Then, use it 2-3x/day x 45 mins each use. ALWAYS have your knee covered. Do not place the polar care directly on your skin as it may cause skin damage. (Use two properly sealed ice packs to your knee in the same manner if you are not given one a polar care device.)
5. 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.
6. You will also be sent for P.T. to start a motion program AFTER your first clinic visit.
7. 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. Placing weight too soon will damage the repair.
8. 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,

Dr. Jason K. Lowry, MD FAAOS, 1