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Dr. Lowry's Post-Op Instructions

Right Knee Arthroscopic Meniscus Repair & Open Posterolateral Corner Repair

Patient: Ira Coulson

1. Remove your dressings in 48 hours & shower only (no bathing). Immediately dab your incisions dry, apply medium band-aids & 4x4s to your incisions, & 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. To decrease the risk of a blood clot, use the ace wraps & take the prescribed daily aspirin; both are to be used for 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. Your nurse will instruct you & your family on how to properly use it.
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 to only allow 30 degrees of flexion. 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.
8. Please make an appointment to see me in 14 days. At that time, your sutures & staples 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. Lowry".

Dr. Jason K. Lowry, MD FAAOS