



## Xinning Li, M.D.



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### POST-OPERATIVE INSTRUCTIONS - KNEE ARTHROSCOPY w/ MENISCAL REPAIR

#### **WOUND CARE**

- You may remove the Operative Dressing on Post-Op Day #2.
- KEEP THE INCISIONS CLEAN AND DRY.
- Apply Band-Aids to the wounds. Change the Band-Aids daily. Please do not use Bacitracin or other ointments under the bandage.
- An ACE wrap may be used to help control swelling. Do not wrap the ACE too tight.
- Use Ice or the Cryocuff as often as possible for the first 7 days, then as needed for pain relief. Do not wrap the Ace too thickly or the Cryocuff cold may not penetrate.
- You may shower on Post-Op Day #3. Gently pat the area dry. Do not soak the knee in water. Do not go swimming in the pool or ocean until your sutures are removed.

#### **EXERCISES**

- Your leg will be in a Bledsoe brace and locked in extension. Please wear it at all times. Only take it off for showering.
- You will be ambulating with a set of crutches and partial weight bearing only.
- Keep your leg elevated with a pillow under your calf, NOT under the knee
- Please perform these exercises 2-3 times daily:
  - Towel Roll Under Heel
  - Isometric Quadriceps Strengthening
  - Straight Leg Raise

#### **POST-OP**

- Enclosed are two prescriptions for you to use post-operatively:
- An anti-inflammatory medication is to be used twice a day with breakfast and dinner, for the first ten days after surgery.  
**\*\* IF YOU HAVE AN ULCER HISTORY OR DIFFICULTY USING ANTI-INFLAMMATORIES OR ASPIRIN >> USE ONLY VICODIN**  
VICODIN or PERCOCET, a strong narcotic, is to be used only on an “as needed” basis for pain in addition to the Naprosyn.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

#### **FOLLOW-UP**

- Please call the office to schedule a follow-up appointment 10-14 days post-operatively.

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.**