

Knee Arthroscopy - Meniscus Repair
Post-Op Instructions
Dr. Rodriguez

- **DO NOT REMOVE DRESSING** We will remove it at your First Post-Op visit.

- **DO NOT GET DRESSING WET** Sponge baths **ONLY** for the first week.

- **USE CRUTCHES AT ALL TIMES** **12 Weeks** You may **not** put weight on the operative leg for the **first week**.

- **WEAR BRACE AT ALL TIMES** **12 Weeks** You may remove it for your CPM and for showers (after the first week).

If you go home w a CPM :

- **CPM** **6-8 hours / day for the 1st week** Start **0-30 degrees** and increase as tolerated to **70 degrees** during the first week immediately after surgery.
 - GOAL = increase 5-10 degrees per day
 - OK to do all at once while you sleep OR break up into 2 or 3 intervals throughout the day.
 - Brace back on with it Locked in Extension when not doing CPM.
 - Bring CPM to 1st Post-Op visit – our DME shop can get it from your car in the front of building.

- **COLD THERAPY MACHINE** Use as much as possible for **3 weeks**

- **MEDICATIONS POST-OP:**
 - Percocet – narcotic pain med - as needed
 - Tramadol – mild narcotic pain med - as needed
 - Neurontin – neurologic med2 weeks

- Call Anne, Gwen, or Topeka at **408-7845** for any questions or problems.