

Knee Arthroscopy – Partial Menisectomy
Post-Op Instructions
Dr. Rodriguez

- Keep bandage on for the first **72 hours**.
- If you go home with compression stockings, **do not** remove for the first **72 hours** then after 3 days, wear these as much as possible.
These help to prevent a blood clot in the leg.
- **Do Not** get bandage wet for **72 hours**. You will need to either sponge bath (if you have stockings) or wrap knee and bandage with plastic Saran wrap for these 3 days.
- **After 3 days**, it is **OK** to remove bandage (and/or stockings) and apply band-aids to the incision sites.
- **After 3 days**, it is **OK** to take showers. **No Tub Baths!** Remove wet band-aids and reapply dry band-aids to the incision sites after shower.
 - If you have stocking, put them back on after your shower.
 - If you have an ACE wrap, you can reapply the wrap if wanted.
- Use crutches until you can walk without a limp.
- It is OK to put as much weight as you can tolerate on the operative leg.
- We will see you 1 week after your surgery and start you in physical therapy at that time.
- **Call** Anne or Gwen or Topeka at **408-7845** with any questions or concerns!