



Orthopaedic Specialty Institute

Medical Group of Orange County

Robert Grumet, MD

POST OPERATIVE INSTRUCTIONS **KNEE ARTHROSCOPY WITH MENISAL REPAIR (TTWB)**

1. Day of surgery: Instructions Immediate Post-Op

- A. Diet: as tolerated
- B. Ice pack to knee every 1 to 2 hours, while awake, for 20 minutes.
- C. Pain medication as needed every 4-6 hours. It may be helpful to take pain medication approximately one-half hour prior to exercise session.
- D. You must remain TOE TOUCH WEIGHT BEARING. Do NOT transfer weight on the foot of the affected leg. Utilize crutches for ambulation.

2. First Post-Operative Day

- A. Continue ice pack every 1 to 2 hours while awake or at least twenty minutes prior to and after exercise session.
- B. Pain medication as needed.
- C. Continue with your Ankle Pump and Quadriceps Set exercises. Try to accomplish a little more each time you do them.

3. Second Post-Operative Day until Return Visit

- A. Continue ice pack as needed.
- B. Continue to exercise as tolerated.
- C. You may remove surgical bandage and shower. Do not remove steri strips that cover your incision as they are used to keep your wound together and protect your stitches.
- D. Keep your incision site(s) dry when taking a shower. You can cover your incision with waterproof bandages (available at your local pharmacy) or plastic/cling wrap.
- E. Continue to remain TOE TOUCH weight bear in extension on your operated leg in your brace.
- F. Wear your brace at ALL times with the following exceptions:
 - Showering.
 - Short periods of time while relaxing (while watching television, reading, etc.) as long as the leg is well supported in extension

For Return Appointments

Your 1st post-op visit will need to be scheduled for 10-14 days after surgery.

If you have any problems or questions please call our office at (714) 937-2113.

During business hours 8:00am-5:00pm, ask for Elyse.

If you have a problem after hours, the answering service will contact Dr. Grumet.

Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.