

Dr. Pathik Shah
Sports, Revision Sports and Regenerative Sports
Orthopaedic Surgeon
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship(California, USA),
Fellowship in Joint and Trauma (Mumbai)
Diploma in Football medicine (FIFA)

Place label here

NAME OF PATIENT: _____

MRN: _____

POST-OPERATIVE INSTRUCTIONS - KNEE ARTHROSCOPY MENISCAL REPAIR or MENISCECTOMY

WOUND CARE

- Dr. Pathik Shah will change your dressing on day 2 before discharge.
- KEEP THE INCISIONS CLEAN AND DRY.
- A crepe wrap will be applied to help control swelling. Do not wrap the ACE too tight when reapplied.
- Use Ice as often as possible for the first 14 days, then as needed for pain relief. Place a dry towel between your skin/wound and the ice to avoid direct contact. We recommend using it for 20 minutes every hour as much as possible.
- 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 approved by Dr. Pathik.

EXERCISES

- Keep your leg elevated with a pillow under your calf, NOT under the knee to maintain full extension with the leg perfectly straight. The knee should not be in a position of flexion.
- Please perform the exercises described by Dr. Pathik Shah:
 - Towel Roll Under Heel to maintain full extension
 - Isometric Quadriceps Strengthening
 - Straight Leg Raise
 - Seated Active Assisted Range of Motion Exercises

POST-OP

- Your post-operative medications will be given to you at the time of discharge
- 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 for your suture removal, 14 days post-operatively.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL DR. PATHIK SHAH OFFICE