

**MENISCUS REPAIR  
KNEE ARTHROSCOPY INSTRUCTIONS**

**Antoine I. Jabbour, MD**  
www.drjabbour.com

Tulsa Bone and Joint  
918-392-1400

Union Pines Surgery Center  
918-742-2502

**Follow-Up Care**

Call the doctor's office today to confirm or make an appointment in about 10 days. Your sutures will be removed at your first post-operative visit.

**Activity**

Rest today.

Crutches, Non weight bearing for 4-6 weeks.

Brace if instructed to use by Dr Jabbour

Continuous passive range of motion (CPM) if instructed to use by Dr Jabbour

Ice the knee for 3-5 days. One hour on, one hour off. Keep a very thin towel between skin and ice bag.

**Care of Incision and Dressing**

Remove dressing and shower in 48 hours.

Change Band-Aids daily.

Do not submerge wound in bath water, pool, lake water, or hot tub.

Keep incisions clean and dry.

Do not put creams or lotions on your wounds.

**Medications**

Resume routine medications.

Take one Aspirin 325 mg daily for next 5 days.

Most patients will receive Oxycodone or Hydrocodone medication for pain, Morphine pills for breakthrough pain for 48 hours if prescribed and Phenergan for nausea.

**Driving**

If left knee, you may drive after the third post-operative day.

If right knee, do not drive until after follow up visit.

Do not drive if you are still taking narcotic pain medication

**Call Dr Jabbour's Office If:**

If medication causes severe uncontrollable nausea.

If you have shortness of breath or severe calf pain, go the emergency room if you cannot contact the office

If you have a temperature greater than 101.5 degrees Fahrenheit