

**OUTPATIENT DISCHARGE INSTRUCTIONS**  
**Orthopaedic Specialty Institute**  
**Michael F Shepard M.D.**  
**Knee Arthroscopy – Meniscus Repair**

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 4-6hours. It is helpful to take pain medication approximately one-half hour prior to exercise session.

*DO NOT place ICE directly to the skin – this will result in a burn and potentially serious wound complications. Always keep a pad between the ice and the skin.*

2. **First Post-Operative Day**
  - A. Continue ice pack every 1 to 2 hours while awake
  - B. Pain medication as needed.
  - C. You may remove surgical bandage and shower this evening. Do not remove steri strips that cover your incision. These strips are used to keep your wound together and protect your stitches.
  - D. You will need to keep your op site(s) dry when taking a shower. You can cover your incision with plastic wrap or bandaids.
3. **Second Post-Operative Day until Return Visit**
  - A. Continue ice pack as needed.
  - B. Continue daily shower/band-aid routine.
  - C. Continue exercise as tolerated
  - D. You may put weight on the foot of the affected leg with the brace on.
  - F. Your brace must be worn for all walking activities. The brace may be removed for showering. It may also be removed for short periods of time while relaxing (while watching television, reading, etc.) as long as the leg is well supported.

**For Return Appointments**

4. Your post-op appointment will be 7-10 days after your surgery. This appointment needs to be scheduled before you leave the hospital or you can call our office at (714) 634-4567. If you have any problems or questions, call our office at (714) 634-4567 during office hours 8:00-5:00. If you have a problem after hours call (714) 634-4567 and the answering service will contact Dr. Shepard.
5. Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while you are taking pain medications, which includes operating machinery and/or driving a vehicle.

