



Advanced Knee Care, PC.

A division of Integrated Orthopedics

Stefan D. Tarlow, MD

17300 N. Perimeter Dr.
Suite 150
Scottsdale, AZ 85255

T (480) 480-0393
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Meniscal Repair Knee Arthroscopy Post Operative Care Instructions Dr. Tarlow –Advanced Knee Care, PC

You will go home the day of surgery with an ace wrap and brace on your knee. You will be sent home with an opioid pain reliever. If you experience nausea/vomiting for more than 24 hours after surgery it is likely due to the pain reliever. We like to help you during working hours so please phone during business hours for prescription refills/changes. We like to have fun when not at work so expect a return call for refill/change requests made after hours/weekends/holidays on the next business day.

If you experience the following symptoms call our office (480-483-0393) or present to your closest Emergency Room as soon as possible. These may be signs of infection or deep venous thrombosis.

- Severe knee pain with fever greater than 102 F.
- Diminishing knee motion with progressive severe knee pain.
- Calf or thigh pain that is constant and does not go away with elevation/rest.
- Trouble/pain with breathing or chest pain/shortness of breath-best to phone 911.

Phone/Answering Service: [480-483-0393](tel:480-483-0393)

Direct Scheduling Line: [480-225-2343](tel:480-225-2343)

Website: www.tarlowknee.com

Blog: www.tarlowmd.blogspot.com

E-mail: for Dr. Tarlow - doctlow@cox.net

Activities: Limited for 24 hours after surgery, be sure to rest. Do not drive, operate machinery or power tools, drink alcohol or make important decisions or sign legal documents due to surgery and general anesthesia. Elevate foot and leg for 24-48 hours. Flex foot and ankle to decrease swelling.

Shower: Remove dressings, wash knee incisions, dry incisions and apply dry band-aid and ace 48 hours after surgery.



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Follow-up appointment: Usually scheduled for 7-10 days after surgery. Our staff will phone you to confirm appointment. Call our office (480-483-0393) with questions.

Crutches: Use crutches for comfort and walking (Full weight bearing) for 10 days. Stop crutches when able to walk comfortably and you have good leg muscle control.

Brace: Used after 1 month after meniscal repair. Locked straight for 10 days, then 0-90 for a total of 1 month following arthroscopy for isolated meniscal repair.

Exercises: SLR (straight leg raises) 25 reps twice daily beginning immediately postop. No Range of Motion exercises for 10 days. Start exercise bike on 10th day postop for 15 minutes. Return to normal activities expected 8-12 weeks.

Ice: Knee swelling is expected and is diminished with Ice pack to the knee 20 minutes four times daily for 3-14 days.

Physical therapy: You have the option of attending formal physical therapy or directing your own recovery with home and gym workouts. Physical Therapy usually begins 10 days post op. tarlowknee.com Website/office info heading has list of preferred PT's.!

Driving: May drive the day following surgery as long as narcotic pain relievers are not being used. Common sense dictates safe return to driving.

Return to Work: Usually 2-3 days if desk type work, 2-8 weeks for construction type work.