



**Dr. Joshua Alpert**  
**Post-Operative Surgery Instructions:**  
**Knee Arthroscopy: Partial Meniscectomy**

**Immediately After Surgery in the Recovery Room:**

- After surgery you will be taken to the recovery room, where your family can meet you. You will have an ace wrap on your operative knee. You are **WEIGHT BEARING AS TOLERATED**, which means you can put weight on the operative leg.
- You may have a cooling device on your knee. This is used on the post-operative knee to reduce pain and swelling.
- It is encouraged that you move your ankle, foot, and toes as much as possible to increase circulation. If you have had a nerve block, that may not be possible on the recovering extremity for up to 24 hours. A nerve block is used to decrease pain in your knee and will wear off after surgery anywhere between 6-24 hours. This can vary significantly by individual. You will receive a prescription for pain medication for your return home. We recommend taking the first dose immediately when getting home, then as needed. Please note that common side effects of the pain medication are nausea and constipation. Any over the counter stool softener will work for constipation. If you have intolerable nausea, please call our office to discuss further.

**· After Surgery at Home:**

- Starting the day after surgery, please take 81 mg of aspirin twice a day by mouth for two weeks. If you are already on blood thinners, please speak to Dr. Alpert about what to do.
- You may begin bending the knee the day after surgery.
- The large dressing can be removed and a smaller bandage applied at home 48 hours after the surgery. You will see small band-aids called steri-strips that look like pieces of tape covering the incision. These can get wet without an issue, and they should remain on until they fall off on their own.

- You may shower after 48 hours, and it is safe to get the wound wet. No soaking the wound (no baths/pools/hot tubs) until the wound is completely healed.
- Elevate and use the knee cooling device or ice as necessary for 3-7 days. Ice and elevation helps reduce pain, swelling, and inflammation. When you notice it is no longer offering any benefit, feel free to stop using it.
- Pain medication: We will not call in medication refills after 5pm or on the weekend. Please let our office know during business hours when a refill is needed, and we will call it in per office policy.
- Physical therapy recommendations will be made during your first office visit after surgery.

### **First Post-Op Office Visit:**

- Please arrange to see Dr. Alpert, PA Christina, or PA Joe in the office 3-10 days after surgery
- Physical therapy recommendations may be made at your first postoperative visit. If necessary, an initial prescription is usually 2-3 times a week for 4-6 weeks.
- If you have any questions or concerns regarding your surgery or the rehabilitation protocol, please contact Dr. Alpert's office at 224.293.1170 and ask for Christina (PA), Joe (PA), or Nikki (secretary).

Fox Valley Orthopedics  
420 W. Northwest Highway  
Barrington, IL 60010  
847.382.6766

Fox Valley Orthopedics  
1710 Randall Road  
Elgin, IL 60123  
224.293.1170