



David M. Oster, M.D.

Denver-Vail Orthopedics

Lincoln Office Address

11960 Lioness Way, Suite 270
Parker, Colorado 80134
Phone 720-974-5200

Lowry Office Address

8101 E. Lowry Blvd., Suite 260
Denver, Colorado 80230
Phone 303-214-4500

Dr. Oster has performed the following procedures on your knee:

- Excision of the medial/lateral meniscus
- Meniscus repair
- Smoothed down the joint surfaces
- Microfracture (stimulated joint surface to produce cartilage)
- Ligament reconstruction
- Removal of loose bodies
- Removed some scar tissue
-
-

It is important post operatively to do the following:

- Elevate you leg (ankle, knee higher than your hip)
- Ice your knee (Ice over the front of your knee)
- Weight bear as comfort allows
- Touch your toe down weight bear
- Non-weight bearing
- CPM 0 to ___ degrees, use CPM 6 to 10 hours/ day
- Increase the amount of flexion (bend) 5 to 10 degrees every 1 to 2 hours
- Straight leg raises
- Work on getting the knee straight (towel under calf and straighten the knee)
- Work on straightening every ___ hours
- Keep the dressing clean and dry
- Change the dressing on _____. Remove the elastic wrap, cotton padding, 4x4's, and yellow gauze (leave steri strips on).
- Cover the incisions with 4x4's and elastic stocking
- May shower on _____. Keep the incision out of the main spray then damp off dry
- Drink plenty of fluids, cough and deep breathe
- Take one Aspirin a day for _____ days

If you have any problems please call the office. Dr. Oster would like to see you back in ___ days or on _____. Please call the office for an appointment 303-214-4500.

Check the web site www.davidostermd.com look in the post op section for additional information.