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Knee Surgery Post Operative Instructions**General:**

- You can eat and drink when you feel able to
- Apply ice / cryocuff machine to the knee 3 to 4 times a day for 4 days or until the swelling subsides. DO NOT APPLY ICE DIRECTLY TO THE SKIN and DO NOT LEAVE THE ICE PACK ON FOR LONGER THAN 20 MINUTES AT A TIME. If you do there is a risk of skin necrosis (frostbite).
- There may be some bleeding from the incisions for the first 48 hours. If this persists longer than 48 hours contact the doctor.
- The leg may be numb after the operation. Usually this wears off by 24 hours. Contact the doctor if this persists longer than 48 hours.
- To help reduce swelling, elevate the knee above the level of your heart
- If you are experiencing any of the following call our office or the doctor on call immediately:
 - fever greater than 101.5 degrees F, chills
 - excessive redness or swelling of incisions
 - yellow (pus) drainage at incision sites

Wound Care: Depending on what procedure you had or how large your incision is will determine how to care for the wound, see checked item below.

- 48 hours after surgery, you may remove dressings and place clean DRY band-aids over incisions. No ointments or lotions! Shower, do not soak incisions, pat dry and place new band-aids over incisions.
- 48 hours after surgery, you may remove dressings and place clean DRY gauze and tape over incisions. No ointments or lotions! Change dressing every 48 hours. You may wrap in sealed plastic as to not get the dressing wet when you shower 3 days after surgery.
- Keep dressing on and dry until 1st post-op visit. Do not remove. You may wrap in sealed plastic as to not get the dressing wet when you shower 3 days after surgery.

Depending on the procedure that was performed, you should...

- Wear the brace for _____
- Use crutches for _____
- Weight bearing _____
- Use the CPM machine _____
- Range of motion limitations _____
- Physical therapy will begin _____

Return to Work:

- Return to (sedentary) work or school the day after surgery if pain is tolerable. Return to heavy labor or excessive ambulatory activities will be determined by the physician.

Follow-up Appointment:

- Please make sure your post-op appointment is made for 7 to 10 days after your surgery! If not, please call the office to schedule.

Additional instructions: