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KNEE SURGERY POST-OPERATIVE DISCHARGE INSTRUCTIONS

General:

- Cryocuff and dressings left on for 48 hours after surgery
- 48 hours after surgery you may:
 - change dressing and re-cover with sterile dressing
 - sponge bathe – do not get knee wet until after post-op appointment
 - discontinue the Cryocuff, but you may continue it for comfort and swelling as needed

Your weight bearing status, brace use, and exercises/activity will be determined by the type of procedure that you had done. See checked item(s) below:

Weight-bearing:

- Full weight-bearing with crutches (once anesthesia wears off)
- Partial weight-bearing with crutches (once anesthesia wears off)
- Do not bear weight on leg at all, use crutches at all times

Brace:

- Locked in extension at all times
 - Locked in extension for ambulation, but may unlock or remove for heel slides and CPM
 - Locked in extension for ambulation only, may unlock or remove for CPM/heel slides, but do not flex knee > 90°
- NO Brace**

Exercises:

- Heel slides
- Heel slides, but do not flex knee > 90°
- Ankle pumps
- Quad sets
- Straight leg raises
- CPM – 2 hr/3 times a day. Start at 0-45° increase by 5° each day with no limit.
- CPM – 2 hr/3 times a day. Start at 0-45° increase by 5° each day until you reach your max of 90°.

Your knee may be painful after surgery. In order to control this pain, see below for medicine that you may take.

Prescription (given day of surgery):

Oxy IR (or Vicodin for those with Oxy IR allergy)

→ 1-2 pills every 4-6 hours as needed for pain

Zofran 8 mg – to begin the day after surgery

→ 1 pill every 12 hours as needed for nausea/vomiting

Over-the-counter:

Tylenol Extra Strength (500 mg)

→ 2 pills every 8 hours as needed for pain

→ DO NOT use if you are taking *Vicodin* (*Vicodin* has Tylenol in it)

Motrin 200 mg (or Ibuprofen)

→ 2-3 pills every 8 hours as needed for pain

Colace 100 mg

→ 1 pill every 12 hours as needed for constipation

Please make sure your post-op appointment is made for 6-10 days after your surgery!!



If not, please call 212-241-8892 to schedule

If you are experiencing any of the following call our office immediately @ 212-241-1815.

⇒ fever greater than 101.5 degrees F

⇒ calf pain

⇒ excessive pain and swelling

⇒ yellow (pus) drainage at incision sites

Anesthesia:

★ Some anesthesia drugs you may have received can take up to 24 hours to leave your system completely.

★ For this reason, you should not ingest any alcoholic beverages, drive a car, operate machinery, or make any important decisions for 24 hours after your surgery or while taking pain medication.