

GENERAL POST-OPERATIVE INSTRUCTIONS

KANDILNOTES

MOVEMENT

Keep splint/brace/cast on at all times

WEIGHTBEARING

Weightbearing as stated by your surgeon

ICE

Apply ice bags or cooling device if you obtained one before surgery, to control swelling. Cooling device can be on continuously. Ice bags however should be applied 20-30 minutes at a time, every hour or two. To protect your skin, put a thin towel or T-shirt next your skin when using ice and a plastic bag. Icing is most important in the first 48 hours after surgery. In addition, ice can be quite helpful to reduce pain thereafter

SURGICAL SITE

Keep your incisions dry and covered with the surgical bandage until follow-up appointment

SHOWERING

You may not remove the dressings or shower until after your follow-up visit. **DO NOT SOAK THE OPERATIVE SITE UNDERWATER.**

THINGS TO LOOK FOR:

If you see green/yellow drainage, have a fever > 101°F, have chills, and experience increasing, uncontrolled pain after taking your pain meds, then call our office at (703) 665-2720. If the office is closed, call the office at (703) 665-2720 and ask the operator to page the operating surgeon on call. It is normal to have swelling and discomfort for several days or weeks after surgery

PAIN

Take your pain medication as prescribed. **DO NOT DRIVE** while on this pain medication. To minimize swelling and pain, keep your knee elevated higher than your heart at all times while sitting, laying or sleeping for the first two days. Use the compression wrap until it is evident that you do not need it.

While you're taking the pain medication, be sure to take a stool softener to prevent/manage possible constipation while on opioid pain medications. These medications are available over the counter. If your pain medication is causing nausea or vomiting, please call the office at (703) 665-2720 and we will send a prescription to the pharmacy to manage these symptoms, and/or change your medication.

FOLLOW-UP

We generally see you for your postop follow-up 10-14 days after surgery. This should already be scheduled appointment. If you would like to change your postoperative appointment, call the clinic at (703) 665-2720. In addition, please schedule your physical therapy appointment if you were given a physical therapy prescription. If you were not given a physical therapy prescription, we will provide one for you at the first postoperative appointment.