





Department of Orthopaedic Surgery Sports Medicine and Shoulder Service

POST-OPERATIVE INSTRUCTIONS FOR KNEE SURGERY

Diet: Begin with liquids and light foods (Jello, soup, etc) Progress to your normal diet if you are not

A. Day of Surgery:

0 1	, , , , , , , , , , , , , , , , , , , ,	, ,	•
nauseated.			
Medication: Hydrocodone	Ketorolac	Other(s)	
<u> Aspirin (</u> 325mg standard strength	- not baby Aspirin) 1	1 tablet a day for next 2	weeks to decrease the risk
of blood clots.			
Strong pain medication has been	prescribed. Use as d	irected. Do not combine	with alcohol. Be careful as
you walk or climb stairs. It is norn	nal to have pain and	swelling in your knee aft	er surgery.
I ce: Keep an ice pack on your kne	e for 30 minutes at a	time (or use Polar Care	machine if given) at least
4-5 times per day. Icing will assist	with pain and swell	ing control.	G ,
Bandage: Leave bandage on the k	knee. Keep dry. The k	pandage may be slightly	bloody or wet from the
ncision. This is normal.	. ,	0 , 0 ,	•
Activity: Keep leg elevated on a p	oillow placed under a	nkle. Do not keep a pill	ow under vour knee!!!
Showering: No showering			
Crutches: No Weight / Partial We	eight / Full Weight c	on operative leg with cru	tches is OK
Knee Brace: All the time / When		•	
Exercises: Begin ankle pumps, qua	- ·		
-Aci cises. Begin ankle pumps, qua	unceps sets and stra	וצווג וכצ ומוגכג.	

B. First and Second Post-Operative Day:

Medication: Continue to take pain medication as needed every 4-6 hours.

Ice: Continue to ice your knee 30 minutes at a time 4-5 times per day.

Bandage: Leave bandage on the knee and keep it dry. The bandage may be slightly bloody or wet from the incision. This is normal.

Activity: Keep leg elevated on a pillow placed under ankle, as on the previous day, when in bed.

Showering: No showering until day 5, or day ______

Exercises: Above noted exercises to be performed 2-3 times daily (with brace on and locked if a

xercises: Above noted exercises to be performed 2-3 times daily (with brace on and locked if a brace is given after surgery). Goal is 25 reps 3 times per day:

C. Third Post-Operative Day Until Return Visit:

•	pain medication as needed every 4	-6 hours.
in position. DO NOT put any oil #5 (or day) only if the wo until sutures are removed. Use your knee in water or go swimi	gical bandage on the post-operative ntments or bacitracin on incisions. unds are dry. Place a plastic bag on a shower chair. If wounds do get v	Ye day #5. Leave steri-strips (paper tapes) You may shower on post-operative day r saran wrap over incisions for showering vet, gently pat the area dry. DO NOT soak
Exercises: Continue exercises a given, remove brace ONLY who (including while sleeping).	is noted above in addition to those en showering, icing, and doing exe	e given from physical therapy. If a brace is rcises. Otherwise, keep brace on
Appointment: You should mak	e a follow-up appointment for app	prox 14 days from surgery. Please call not have an appointment already
		the appointment if you do not have you on your last visit or with your
	re completely off the pain medica sessed on one of your future clinic	ntions, at full weight bearing and not c visits after surgery.
longer for the swelling to go aw	leeding from incision occurs, please	ising around the thigh and calf as the
Signature of Physician	Signature of RN	Signature of Patient