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**POST-OPERATIVE KNEE SURGERY INSTRUCTIONS**

**General:**

- **Dressings** left on for 48 hours after surgery (you can shower as long as the dressing stays dry)
- **Brace:** if you have a brace, you can remove for ice machine/CPM use
- **Diet:** you may eat as long as you feel comfortable. You may feel nauseous the first day. There are no restrictions on eating.
- **48 hours after surgery you may:**
  - Remove entire dressing
  - Shower and get incisions wet
  - Pat dry and rewrap with gauze and ace wrap or cover with band-aids

**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:**

**NO 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°

**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):

**Percocet**

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

Over-the-counter: (**alternate** between the following two medications every 2-3 hours as needed)

**Tylenol (acetaminophen) Extra Strength (500 mg)**

→ 1-2 pills every 6-8 hours as needed for pain

→ DO NOT use if you are taking Vicodin or Percocet (Both contain Tylenol )

**Advil or Motrin 200 mg (or ibuprofen)**

→ 2-3 pills every 6-8 hours as needed for pain

For constipation:

**Colace 100 mg**

→ 1 pill every 8 hours as needed

**Please make sure your post-op appointment is made for 10-14 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 at least 24 hours after your surgery or while taking pain medication.