

1. Remove the dressing on postoperative day #1.
2. Apply Band-Aids to small wounds. Please **do not** use bacitracin or other ointments under the bandage. Use the Cryo/Cuff or ice as often as possible for the first 3-4 days, then as needed for pain relief. An ACE wrap should be used to help control swelling. Do not wrap the ACE too thickly or the cold will not penetrate.
3. You may shower on postoperative day #1-2, however do not wet the wound. Cover the area with tape and plastic wrap or waterproof Band-Aids. Keep the wound dry at all times, until your sutures are removed by the doctor. Do not soak the knee in water or go swimming until your sutures are removed.
4. Keep your leg elevated with a pillow under your calf, NOT under the knee.
5. If you receive a postoperative brace, keep it on at all times.
6. Exercises to be performed 2-3 times daily:
  - \* Gentle range of motion of the knee: active flexion & passive extension.
  - \* Straight leg raises, with foot straight and turned out. Goal is 25 reps 3 times per day.
  - \* Isometric quadriceps contractions.
  - \* Weight bear as tolerated.
  - \* You may start to pedal a stationary bike as you feel comfortable.
7. Please call the office to schedule a follow-up appointment for suture removal 7-10 days after your surgery.
8. If you develop a fever (101.5) or severe redness or drainage from the surgical incision site, please call our office to arrange for an evaluation. Some local redness is expected on the outer portion of the knee in the days following surgery.
9. You may experience some low back pain due to muscle spasms from the epidural anesthesia. If so, apply heating pad to area and take an analgesic if you have not already done so.
10. Enclosed are two prescriptions. Naprosyn, an anti-inflammatory medication, is to be used twice a day with **breakfast and dinner**, for the first 10 days after surgery. Vicodin, Dilaudid or Percocet, narcotics, are to be used on an **as needed** for pain in addition to the Naprosyn.

If you have any questions, please feel free to call our office.

If you have any difficulty using anti-inflammatory medications or aspirin, or have a history of ulcer disease, you will only use the narcotic postoperatively.

If you find that the Naprosyn is upsetting your stomach, please call our office to review the medications.