



1. Remove the dressing on postoperative day #1.
2. Apply fresh gauze and ACE wrap to the wounds. Please do not use bacitracin or other ointments under the bandage. Use the Cryo/Cuff or ice packs as often as possible for the first 5-7 days, then as needed for pain relief.
3. You may shower on postoperative day #1-2. Keep the area dry. Use waterproof Band-Aids or plastic wrap to keep the wounds dry. Do not soak the knee in water or go swimming until Dr. Henshaw clears you to do so.
4. Keep your leg elevated with a pillow under your calf, NOT under the knee.
5. Exercises to be performed 2-3 times daily:
 - * Gentle range of motion of the knee: bending and straightening.
 - * Straight leg raises, with foot straight and turned out. Goal is 50-100 reps 3 times per day.
 - * Isometric quadriceps contractions.
 - * No weight bearing. Use crutches for 6 weeks.
 - * Discontinue crutches or cane per the doctor's instructions.
6. If you have access to a stationary bike, you may try to begin riding on postoperative days #4-5, with no resistance. Begin with 5 minutes and increase the time daily, based on comfort. Begin with the seat raised high.
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 redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
9. You may experience some low back pain due to muscle spasms from the anesthesia. If so, apply a heating pad to the affected 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** basis for pain in addition to the Naprosyn.
11. If you have been given a CPM machine, you should use it at least 6-8 hours a day for the first 6 weeks.

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.