

#### PRIOR TO SURGERY:

- If you are in a formal physical therapy program, continue the therapy until the time of surgery. It will be helpful in returning your knee to its normal function and strength after surgery.
- If you are not in a formal physical therapy program, maintain your strength and range of motion. If needed, we will give you some basic exercises to do at home to promote function and strength.
- Wash your leg with a surgical cleanser from your pharmacy the night before surgery.
- Do not shave your knee as it will increase the bacterial growth on your skin.

#### SURGERY DAY:

- Wear loose fitting clothes to the hospital. This is because you will have to wear bandages after your surgery.
- If you are having an outpatient procedure, you will be in the hospital approximately 4-6 hours. If you are required to stay overnight, you will be in the recovery room for 1-2 hours and then you will be transferred to your room. Visiting hours are until 8:00pm.

#### AFTER SURGERY:

- Instructions will be given to you and your family that are specific to your type of surgery. Please follow these instructions carefully as they will help you during the initial days after surgery.
- Call the office if you should have any questions after surgery. If there is an emergency, a physician will be available to talk with you even if our office is not open.
- Someone from our nursing staff will call to see how you are doing and to make sure everything is going as expected. Please feel free to ask any questions at this time.