

1. Remove the dressing on postoperative day #1.
2. Apply clean bandages to the incision. Please **do not** use bacitracin or other ointments under the bandage. Apply ice to the operated area as often as possible for the first 3-4 days, then as needed for pain relief. An ACE wrap may 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 #4, 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 leg in water or go swimming until your sutures are removed and 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: active flexion & passive extension.
 - * Straight leg raises, with foot straight and turned out. Goal is 25 reps 3 times per day.
 - * Isometric quadriceps contractions.
 - * Bear weight as tolerated.
 - * You may start to pedal on a stationary bike as you feel comfortable.
6. Please call the office to schedule a follow-up appointment for suture removal, 7-10 days after your surgery.
7. If you develop a fever (101.5) or see redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
8. You may experience some low back pain due to muscle spasms from the epidural anesthesia. If so, apply a heating pad to affected area and take an analgesic, if you have not already done so.
9. 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. Percocet, a narcotic, is 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 Percocet.

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