

## 1. Dressing & Brace Care:

Keep your dressing & brace clean & dry. The brace may be removed to change the dressing and for washing the leg but do not put weight on the leg out of the brace and keep the leg extended (straight). You may change your dressing as needed. Some light bleeding is normal. Showering is permitted 2 days after surgery. The incision may be washed with soap & water, but no submerging or bathing is allowed until 2 weeks. Keep a clean dressing on the incision until your follow-up appointment. Swelling is normal and may persist for several weeks.

## 2. Medication:

You will be given a painkiller \_\_\_\_\_ to be taken 1-2 pills every 4-6 hours as needed. Do not drink or drive while on pain medication. Do not take additional Tylenol based pain medications while on this medication.

Take an aspirin 325mg once a day to help prevent blood clots unless you are already on a blood thinning medication.

## 3. Activity:

You may weight bear as tolerated on the leg in extension (straight) with the brace on at all times.

Work on gentle range of motion of the knee out of the brace daily as limited by pain. Knee flexion (bending) will gradually be increased as the leg heals.

Therapy will be started at 6-8 weeks to work on restoring full motion and strengthening, progressing to full activity as tolerated. Expected time to complete recovery is 6 months.

## 4. General Instructions:

Apply ice to the knee (20min on /off) and elevate the leg to reduce pain & swelling.

If you notice any signs of infection such as increased pain, redness, wound drainage or fever  $>100.5^{\circ}$  F, call the office immediately.

If you develop any calf or thigh pain, increased swelling, chest pain or shortness of breath call, the office immediately or go to the ER as these are symptoms of a deep venous thrombosis (blood clot) in the leg.

## 5. Follow-up Appointment:

Call the office at (616) 949-8945 to schedule an appointment for 10-14 days after surgery.

## 6. Other Instructions:

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*If you have any problems or concerns following surgery, please call our office at  
(616) 949-8945.*