



## Post-Op Knee Surgery

1. Begin with a light diet and advance to a regular diet as tolerated.
2. Take pain medications only as needed. Follow the instructions on the bottle.
3. Elevate your leg on pillows for the first 24 hours; this will help reduce pain and swelling.
4. Icing the knee will be helpful in reducing the pain and swelling for the first 48 hours. Although you may not feel the ice penetrate the bandage, keeping the area cooler than normal will help with swelling and pain.
5. Activity: **It is important to follow your specific discharge instructions**
  - a. Rest the day of surgery.
  - b. You may walk and put weight on the knee *as directed*.
  - c. You may gently bend the knee *as directed*.
  - d. Do not use exercise equipment (bicycle or stairmaster) unless instructed.
  - e. No excessive activity until seen by your doctor
6. Crutches may be used (if given) to help share the weight. You may walk as tolerated using the crutches unless you are told specifically not to put weight on your knee. We recommend trying to be free from crutches within a week *unless instructed otherwise*.
7. Leave the surgical dressing intact. Your first dressing change appointment will be at our office if needed. Please refer to the appointment card in your packet. Specific details about your surgery will be discussed at your post-operative visit with the provider.
8. Keep the wound clean and dry. Avoid getting the surgical site wet until the sutures or staples are removed.
9. If you have any type of sleeping or breathing disorders, we recommend sleeping at a 30 degree angle (this is best accomplished in a recliner or upright position with pillows).
10. If you have sleep apnea, make sure to use your CPAP especially while taking opioids.
11. Call our office if you have any chills, fever, drainage, shortness of breath, calf or chest pain, you develop numbness or tingling after 2-3 days when your block wears off, or if you have any concerns regarding your shoulder or surgery. **If it is after hours and you feel it is life threatening, please go to the hospital emergency room.**

PLEASE NOTE, THESE ARE GENERIC INSTRUCTIONS AND RECOMMENDATIONS. **FOLLOW YOUR SPECIFIC CARE INSTRUCTIONS.**