

Postoperative Instructions – Knee Surgery

Diet: Begin with a light diet and advance to a regular diet as tolerated.

Pain Medication: Take pain medication only as needed. Follow the instructions provided on the prescription label.

Elevation & Ice: Elevate your leg on pillows for the first 24 hours to help reduce pain and swelling.

Apply ice to the knee for the first 48 hours:

Use a large zip-top bag filled with ice.

This will help reduce both swelling and discomfort.

Activity Guidelines:

- a. Rest on the day of surgery.
- b. You may walk and place weight on the knee as directed by your provider.
- c. You may gently bend the knee as instructed.
- d. Do not use exercise equipment (such as a bicycle or stair climber) unless specifically instructed.
- e. Avoid excessive activity until you are seen for your follow-up appointment.

Crutches: Crutches may be used (if provided) to help distribute weight.

You may walk as tolerated using crutches unless specifically instructed not to bear weight.

We recommend discontinuing crutches within one week, unless otherwise directed by your provider.

Surgical Dressing: Leave the surgical dressing intact for 48 hours.

Your first dressing change will occur at your follow-up appointment. Please refer to the appointment card included in your surgical packet.

Wound Care: Keep the wound clean and dry.

Do not shower or bathe until sutures or staples have been removed.

Sleeping Position (If Applicable):

If you have a history of sleep or breathing disorders, we recommend sleeping at approximately a 30-degree angle. This can be achieved by using a recliner or propping yourself upright with pillows.

When to Call the Office: Contact our office immediately if you experience:

Chills or fever

Drainage from the surgical site

Calf pain or chest pain

Persistent numbness or tingling lasting more than 2–3 days

Any concerns regarding your knee or recovery

If it is after business hours and you believe your condition is life-threatening, please proceed to the nearest hospital emergency room.