

1. Dressing:

Change your dressing 1-2 days after surgery, then 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.

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.

You may also be given an anti-inflammatory medication _____ to be taken following surgery as directed.

Take an aspirin (325 mg) once a day to help lower the risk of blood clots unless you are already on a blood thinning medication.

3. General Instructions:

Apply ice to the knee (20min on /off) and elevate to reduce swelling. It is normal for swelling in the knee to persist for several weeks following surgery.

If you notice any signs of infection such as increased pain, redness, swelling or fever $>100.5^{\circ}\text{F}$, 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 may be symptoms of a deep venous thrombosis (blood clot) in the leg or a pulmonary embolus.

4. Activity

You may weight bear as tolerated. Work on obtaining full range of motion following surgery, and then gradually increase activity as tolerated. Full activity may be resumed once the swelling has resolved and the knee is no longer painful. Complete recovery often takes 2-3 months.

5. Follow-up appointment

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

6. Other Instructions:

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