

1. Dressing & Brace Care:

Keep your dressing & brace clean & dry. You may change your dressing as needed. Some light bleeding is normal. Showering is permitted 2 days after surgery. You may remove the brace to shower but should keep the leg in full extension. 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. If the brace feels too tight, ice & elevate the leg to reduce swelling. If you have progressive pain or numbness in the leg, call the office.

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 be given an anti-inflammatory medication _____ to be taken once daily for 2 weeks after surgery and then only as needed.

Take an aspirin (325 mg) once a day to help lower the risk of blood clots. 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.

3. Activity:

You may place full weight on the knee in complete extension. The brace is to be worn at all times during activity. You may work on gentle range of motion out of the brace with active flexion to _____ and passive extension only. As the fracture heals, progressive range of motion will be allowed in the brace and therapy may be required for strengthening and range of motion exercises once the fracture has healed. Complete recovery usually takes 3-6 months.

4. 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 months following surgery.

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

5. Follow-up appointments

Call the office at (616) 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.*