



Meagan McCarthy, MD

General Knee Postoperative Instructions

MEDICATIONS: You will be given three prescription medications. One medication is to help reduce pain, one is to control inflammation, and one is to help with nausea. The pain medication is a narcotic and should be taken if only if necessary. Tylenol may be used instead of the narcotic pain medication if you are having mild pain.

DRESSING: Leave the dressing on unless your first post-op doctor or therapy visit is more than 48 hours after your surgery. After 48 hours you may remove your dressing. If you find tape strips over your incisions, please leave them on until your post op visit. If no tape strips are found, place band aids over your incisions. No antibiotic ointments are needed. During your 7-12 day post-op visit, your sutures will be removed, and new steri-strips will be placed over the incisions. Allow these new steri-strips to peel off over time.

SHOWERING: You may shower 48 hours after your surgery and get your incisions wet. However, do **NOT** immerse in a tub or pool for 7-10 days to avoid excessive scarring and risk of infection.

CRYOCUFF/ICING: Keep cold therapy cuff on at all times for the first 24 hours after surgery. Refill with cold water every hour while awake. Icing is very important to decrease swelling and pain, and improve mobility. After 24 hours, continue to use the cuff 3-4 times a day, 15-20 minutes each time, to keep swelling to a minimum. If you do not have the crycuff, using ice on the operative limb 20 minutes on and 20 minutes off is

appropriate.

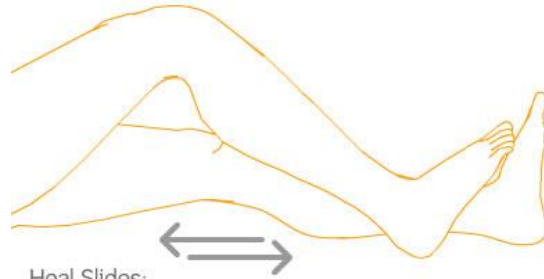
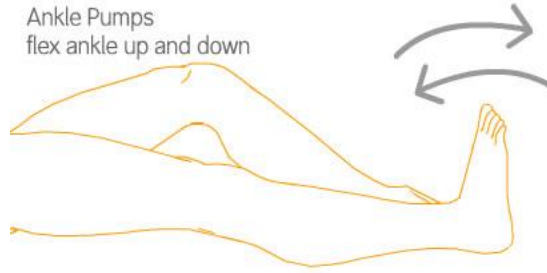
ACTIVITIES: Rest and elevate your leg for the first 24 hours. Do NOT place a pillow under your knee. Elevate your leg with a pillow under your calf and ankle.

**** If you experience severe pain that is not relieved by the pain medication, please let us know.*

If you experience a temperature over 101.5°, redness or swelling in your thigh or calf, please contact our office immediately at 775-786-3040, or if after hours, call and ask for the Orthopaedic Surgeon on-call.

HOME EXERCISES FOR KNEE REHABILITATION:

Ankle Pumps
flex ankle up and down

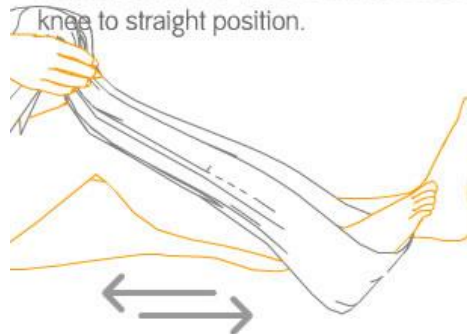


Heal Slides:
Flex your hip and knee. Return knee to straight position.

Knee Extension:
Place a pillow under your knee.
Lift your foot off the mat.



Knee flexion stretch:
Place a towel under your heel. Pull your knee
towards your chest. Hold your knee in the
flexed position for 15-20 seconds. Return
knee to straight position.



Quadriceps Sets:
tighten thigh muscles and hold for 5 seconds



Leg Lifts:
Raise leg six inches above the floor,
keeping knee straight.

