



Renny Uppal, MD

General Knee Postoperative Instructions

MEDICATIONS: You will be given two prescription medications. One medication is to help reduce pain and the other one is to help with nausea. The pain medication is a narcotic and should be taken if only if necessary. I also recommend taking an anti-inflammatory medication like ibuprofen or naproxen for a few days to a week. Tylenol may be used instead of the narcotic pain medication if you are having mild pain.

DRESSING: Leave the dressing on for the first 48 hours after your surgery. After 48 hours you may remove your dressing and shower with running water and soap. If you find tape strips over your incisions, please leave them on until your post-op visit. After you dry the incisions, place new band aids over your incisions after each shower. If you have a larger incision, it can be covered with large band aids or clean gauze, and an ACE wrap. Antibiotic ointments or topical treatments are not needed. Do not cut or pull any of the sutures. At your 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.

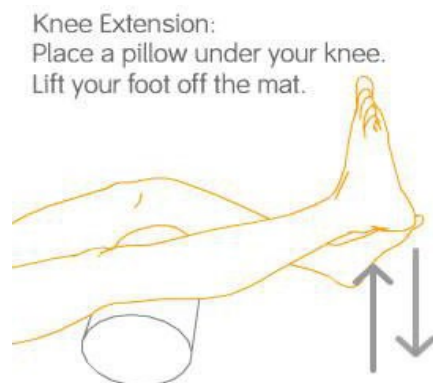
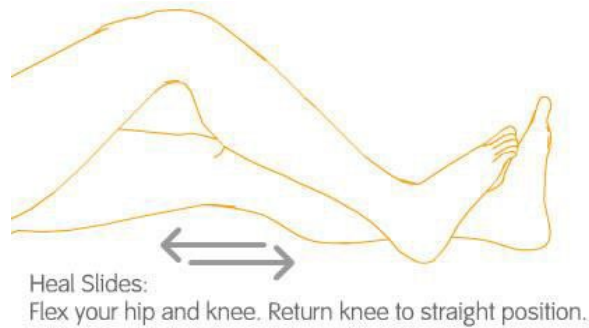
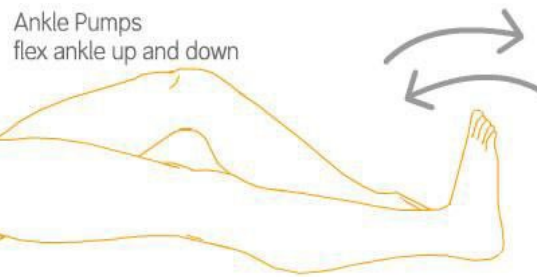
SHOWERING: You may shower with running water and soap 48 hours after your surgery and get your incisions wet. After you dry your knee apply clean dressings as explained above. However, do NOT submerge your knee in a tub or pool for 14 days to decrease the risk of infection.

ICING: If you have a cold therapy device use it as much as possible for the first 48 hours after surgery. Refill with cold water and ice as needed. Icing is very important to decrease swelling and pain and improve mobility. After 48 hours, continue to use the ice 3-4 times a day, 15-20 minutes each time, to keep swelling to a minimum. If you do not have the cold therapy device, 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:

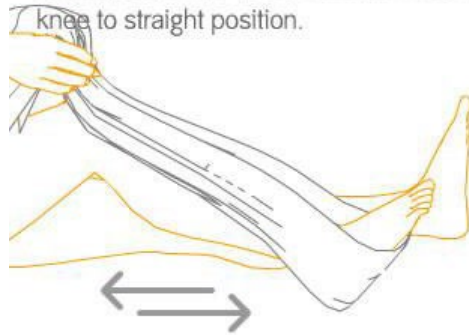


Quadriceps Sets: tighten thigh muscles and hold for 5 seconds



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.



Leg Lifts:

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



