



Post-operative Knee Instructions

Exercises

- While sitting, bend and straighten your knee as far as comfort will allow, 20 repetitions every hour while awake.
- With the knee comfortable bent, tighten your thigh muscles hard for 3 seconds, repeat 10 times every hour.
- Pump your ankle up and down several times every hour to improve calf circulation.
- Lying on your back, straighten your knees as much as possible and lift your leg 12 inches. Repeat 10-20 times at least 4 times daily.
- For the first 48 hours inhale deeply and hold your breath for at least 3 seconds, exhale completely. Repeat 10 times 4 times daily.
- If you smoke, avoid cigarettes for 48 hours. It would not hurt to stop altogether.

Bandages

- Your bandage may show blood stains within 1-2 hours. This is mostly fluid that was used to irrigate your knee, slightly tinged with blood. It is not cause for concern. However, if your bandage becomes saturated, notify my office right away at (301) 949-8100.
- You may change your bandages 36 hours after your operation. Remove the gauze pads and Ace wraps, but leave the white Steri-Stips alone. I will change them in the office.
- You may shower, and get the knee wet 36 hours after your operation, however **do not** soak the knee.

Work

- Your comfort should be your guide for return to work. Do not walk or stand for excessive periods. Do not operate heavy machinery that requires pedals.

Important

- Report any complication to my office immediately. This includes excessive bleeding, wound breakdown or signs of infection, calf or ankle swelling, excessive pain or fever over 101 degrees.
- Eat a balanced diet and get ample rest.