

General Post-Operative Instructions

DAY OF SURGERY:

1. Icepacks will be applied immediately following surgery and should be used regularly for the first 2-4 weeks following surgery. This will help reduce the swelling and minimize the pain.
2. You will meet with our physiotherapist in the recovery room. If you require a brace (which will be applied in the operating room), the therapist will show you how to lock/unlock your brace. They will also instruct you on some exercises that you will begin doing tomorrow, and how to safely use your crutches.
3. Keep your leg elevated to decrease swelling, which will then in turn decrease your pain.
4. Prescriptions for pain medication will be given to you when you leave. You should avoid taking pain medications on an empty stomach, as it will make you nauseous. Otherwise, use the pain medication ONLY as needed.

DAY 1 AND UNTIL FIRST POST-OP VISIT:

1. Continue to use your icepacks approximately 2-3 times a day. You may use it more frequently if you are having continued pain and swelling.
2. Wound care
 - Please do not use polysporin or other ointments under the bandage as the wounds should be allowed to dry.
 - Do not soak the knee in water or go swimming in a pool until your sutures are removed. Typically getting into a bath or pool is permitted 2 days after the sutures are removed, unless otherwise instructed.
 - Sutures will be removed at your 2-week appointment
 - Continue doing the exercises shown to you in the recovery room.
 - Begin physiotherapy within the first week after your surgery.
3. Work/School
 - You may return to sedentary work/school in the next couple of days when you feel up to it. You will need to keep your leg elevated as much as possible.

MISCELLANEOUS INFORMATION

1. There will be MORE swelling on days 1-3 than there is on the day of surgery. The swelling will make it more difficult to bend your knee, but will decrease by elevating the leg and icing regularly. As the swelling goes down your range of motion will become easier.
2. You may develop swelling and bruising that extends from your knee down to your calf and perhaps even to your foot over the next week. This is simply bruising tracking down the leg and is normal.
3. There may be some numbness adjacent to the incision site. This may last for 6-12 months.
4. Pain medication may make you constipated. Below are a few solutions to try in this order:
 - A. Decrease the amount of pain medication if you aren't having pain.
 - B. Drink lots of decaffeinated fluids.
 - C. Eat dried prunes