



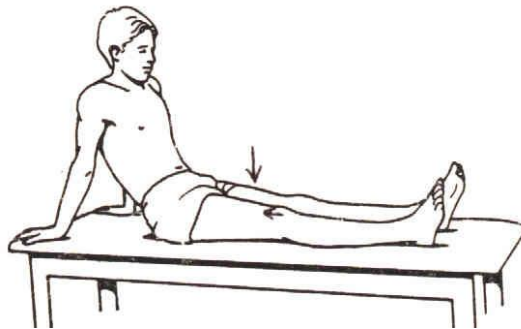
What to do after Knee Surgery

- **Day of Surgery**

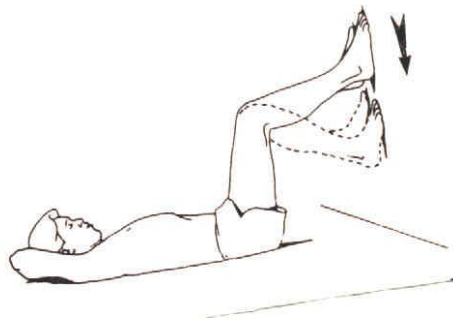
1. Keep leg above heart level as much as possible (ie. couch, pillows)
-This is very important the first week after surgery
2. Ice with ice machine on for 30 minutes at a time while elevating.
-Ice should be on 30 minutes/ off 1 hour
***Do not ice more than 30 minutes or sleep with it plugged in and working!!!!**

- **Day after Surgery**

1. Call and schedule an appointment for Physical Therapy.
-Should begin PT within 2-5 days after surgery unless instructed otherwise by physician.
2. Ice and elevate as above 4-5 times throughout the day for at least 30 minutes
3. Showering- cover leg with plastic bag or saran wrap (see showering section)
4. Start exercises
 - a. **Quadriceps squeezes-**
-Take long leg brace off.
-Squeeze thigh muscle with your leg straight and feel your kneecap slide toward your hip.
- Do at least 25 and hold for 3 seconds. Repeat at least 3 times a day. The more the better with these.

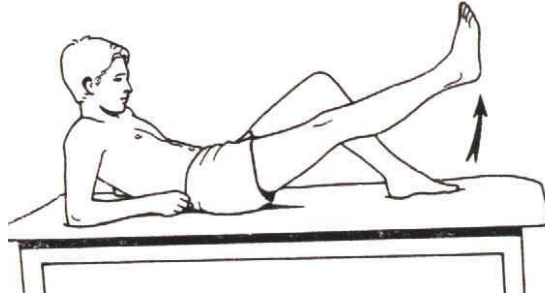


- b. **Wall slides-** Laying on your back, lift your legs up against a wall. Slide your foot down the wall until you feel a good stretch in your thigh. You may also use the other foot to push it down farther and to raise it back up. Complete 15 times and hold for 20 seconds. Do this 2 times per day.





c. Straight Leg Raises- Lie on your back. Bend your opposite knee. Make a muscle in your thigh and get your knee as straight as possible and then lift your leg. If you can't control your knee bend (ie. You cannot keep it straight while squeezing the thigh muscle); keep your knee brace on while doing this exercise. Complete 2-3 sets of 10 reps. 2-3 times per day.



c. **Ice and elevate-** after exercises for 30 minutes

- M.D. appointment should be scheduled for 5-10 days after surgery.
- **Things to Avoid**
 1. Walking long distances (ie. mall, grocery store) with leg hanging down
 2. Do not walk without long leg brace on unless you weren't given one.
 3. Use your crutches until you are told that you do not need them
- **Bathing**
 1. May shower after 72 hours and then blot dry. Then place new dry bandaids over stitches (sutures).
 2. **Do not soak knee (ie. Bath tub, swimming, hot tubs) for four weeks.**
-Ask your doctor permission before doing this after 4 weeks
- **Dressing Changes**
 1. May change bandages after surgery if bloody.
-it is normal to see blood
 2. Rewrap ace wrap 3 times a day.
-Do not wrap in circles. Wrap in diagonals as if doing a figure eight around your knee.
-Wrap from toes upward
- **Medications**
 1. Take medications as instructed when discharged from surgical center.
- **Warning Signs to watch for**
 1. Running a fever, $>101^{\circ}\text{F}$, or $>38.5^{\circ}\text{C}$
 2. Pain markedly increases

*If you have any of these signs, contact your surgeon or the physician on call. (If First State Orthopedics, call 302-731-2888).