

POSTOPERATIVE INSTRUCTIONS

- **Weight bearing**

- You are weight bearing as tolerated after surgery; it is required that you use crutches/walker until you regain functional control of your leg (2-4 weeks).
- You will be provided a brace; range of motions will NOT be restricted
- If resting, place towel roll under heel to allow knee to **fully extend** – this may be uncomfortable in the back of your knee initially.
- ****By the FIRST follow up appointment, the goal motion is full extension to 90 degrees of flexion****

- **Movement & Home Exercise Plan (HEP)**

- It is beneficial to change positions often. Alternate sitting, reclining, and lying down approximately every 30 minutes. Feel free to move around at home as much as you can tolerate, as we do not want your knee to get stiff.
- **DO NOT STAY IN BED.** We recommend at least 10 minutes of walking every hour.
- The **day after surgery**, we encourage you to provide motion to the knee with the following methods.
 - **Straight leg raises:** 10-20 reps 3-5 times per day
 - **Ankle pumps:** with leg straight, pump foot up and down. 20-30 reps, three times per day.
 - **Gluteal sets:** tighten buttock muscles for 5-second hold. 20-30 reps, three times per day.

- **Sleep**

- Keep your brace on locked in extension during the first week
- Elevate your leg and place a towel roll under your heel to encourage your leg to straighten

- **Ice**

- Use bagged ice **as much as possible** when you get home at intervals of 30 minutes on and off. You should use ice for approximately two weeks. Do not use ice while you are sleeping.
 - Place the ice onto the knee over a thin layer of clothing or a towel, but never directly on the skin.

- **Wound care, Dressings/Bandages**

- Leave surgical bandage on until your follow up visit
- To shower, use a plastic bag over your extremity and dressing to keep it dry – do NOT get your dressings wet
 - Plan to bathe with leg outside of tub or sponge bath the first week
- Do not apply lotions or ointments to the incisions.
- Your stiches are absorbable under the skin – you will not need stiches removed after surgery.
- Do not soak incisions in any pool/spa/bath water until 3 weeks after postoperatively or until your incisions are completely closed.
- Do not allow pets to sit on your lap or sleep in your bed for at least 4 weeks following surgery. Pets may harbor fleas, mites, or other organisms that may cause infection.