



Post-Operative Reconstructive Knee Surgery Guidelines

You have postoperative restrictions, see attached sheet that your provider has marked. You should have a follow-up appointment no more than 10 days following your surgery. If you have questions or concerns prior to your appointment, please call 503-540-6300 (24 hours).

Pain Control: Pain can be controlled by medication, ice, elevation and rest. Take your pain medication as prescribed. You may take a non-steroidal anti-inflammatory drug such as Aleve®, Motrin® or Advil® for the first 10-14 days after surgery. Do not take Tylenol® in addition to your prescription if you were provided a prescription with Tylenol® (acetaminophen) already in it such as Norco®.

Ice: Use ice or a cooling unit consistently in the first 48 hours- 40 minutes on, 20 minutes off. You should elevate your leg to help control swelling. Continue to use ice 4 times per day over the following week or as needed. Ice helps control pain and swelling, and promotes the healing process.

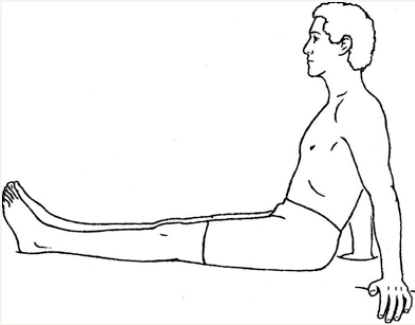
Wound Care: Keep your wound clean and dry after surgery. You may remove your dressings and shower 48 hours following surgery and cover your wounds with new Band Aids daily until you are seen in the office. Avoid soaking in a bathtub, hot tub or pool until your surgeon says you may do so. Avoiding infection is very important.

Preventing Blood Clots: Decreased physical activity after surgery increases your risk of developing a blood clot in your legs. Perform ankle pumps while at rest and try to walk hourly during the day for the first 2-3 weeks following surgery. We advise that you take **aspirin 81 mg one tab twice daily for 30 days** following your surgery to further reduce your risk of developing a blood clot.

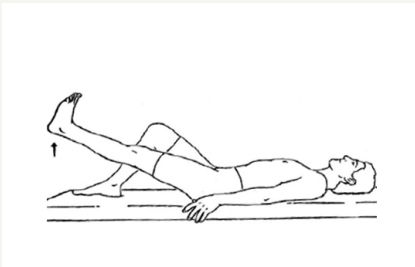


Physical Therapy Instructions

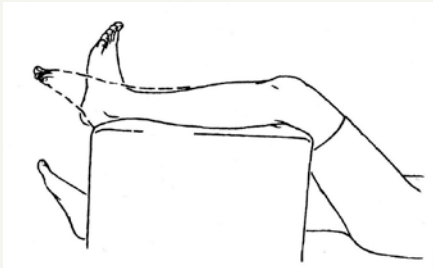
Physical therapy is directed by your surgeon. Ideally, this should be scheduled prior to your surgery. The exercises below are safe to begin prior to surgery and 1-2 days following surgery.



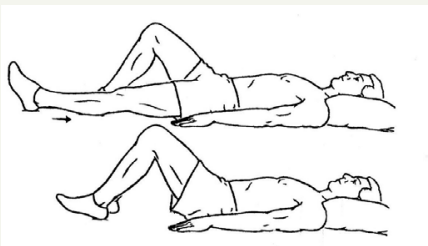
Quad Sets: Tighten the top of your thigh by pressing your knee to the floor. Hold for 5-10 seconds. Complete 2 sets of 10 repetitions, 2-4 times per day.



Straight-Leg Raise: Perform quad set (see above) and lift your leg straight up from the floor about 6 inches. Hold 5-10 seconds. Do 2 sets of 10 repetitions, 2-4 times per day.



Ankle Pumps: By moving your ankle while your foot is elevated, you can control the swelling in your leg. Do this often throughout the day, even when you are icing.



Range of Motion/Heel Slides: With your brace off, lie on your back and slide the heel of the surgical leg as you bend the knee. Bend as far as comfortable (**unless you have restrictions - see attached sheet filled out by your provider**) then slide back out straight. Do 2 sets of 10 repetitions, 3-5 times a day.