



Dr. Allmacher Knee Surgery Discharge Instructions

WOUND CARE

- There may be slight bruising along the wound. This bruising may move into your calf, ankle and foot. There may be a small amount of drainage from the incision.
- Keep leg elevated at heart level.
- Apply cold therapy or ice continuously for 48 hours, then at least 30 minutes 3 times a day, and following postoperative exercises. Avoid frostbite!
- Keep dressing clean and dry. Cover with plastic bag when showering.
- You may remove dressing on _____ date. You may shower and pat dry. If steri strips present, leave in place. Do not soak in bath, hot tubs or pools. Do not apply ointments or lotions to incisions.

ACTIVITY

***Use crutches/walker if needed**

- Weight bearing: _____ Full/as tolerated _____ Partial/toe touch _____ None
- Wear brace: _____ At all times _____ Whenever up Brace settings: _____

- If you received a nerve block, DO NOT** bear weight on operative leg, until block has completely worn off. **(This only applies to weight bearing patients.)**
- Ankle pumps. 200-300 times daily.
- Quadriceps Isometrics. 10-15 times per hour while awake.
- Straight Leg Raises. 10-15 times per hour while awake.
- Bend knee.
- See reverse side for post-operative exercise instructions.
- Do not drive, operate machinery, or consume alcohol for the first 24 hrs after surgery and while taking pain pills.

Do not be alarmed if a mild increase in pain is caused by the exercises. As post-operative pain and swelling subside, the exercises will become easier to perform.

DIET

- Advance diet as tolerated. Drink extra fluids.

NOTIFY YOUR PHYSICIAN (406-721-4436) FOR QUESTIONS/PROBLEMS OR:

- Unusual chest pain, leg pain or calf pain.
- Signs of infection such as redness, swelling or drainage. Chills or fever of 101 degrees or more.
- Persistent nausea/vomiting lasting longer than 24 hrs.
- If you do not urinate in 12 hours, go to the nearest emergency room.

MEDICATIONS

- Resume preoperative medications.
- Take one 325 mg enteric coated aspirin (**unless allergic**) once a day for _____ days to reduce the chance of a blood clot.
- You may need to take an over-the-counter laxative while taking your pain medications to avoid constipation.
- For milder pain, you may take Advil/Motrin (ibuprofen), Aleve, or Tylenol (acetaminophen). Most pain medications contain Tylenol so check with your pharmacist so you don't exceed the recommended amount of Tylenol in 24 hrs.
- If you are CPAP dependent, use your machine whenever sleeping or napping while using pain medications.
- You have been given the following pain medications: _____ at _____

FOLLOW-UP APPOINTMENT _____

- Keep prior scheduled appointment. Phone (406) 721 – 4436, ext. 5550 to verify appointment.
- Have a responsible adult with you for the next 24hrs.

Patient Signature

Nurse

Date