



## Dr. Sherrill 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.

*\*Local anesthetics has been injected into your knee. **DO NOT OVER DO IT!** Do not be alarmed if you experience an increase in pain 2-3 days post op do to the local anesthetics wearing off. If you over do it, you will have pain and swelling.\**

### 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