

To continue your care at home, please follow these guidelines from Dr. Zaslav:

1. First meal at home should be a light meal then return to regular diet as tolerated. Drink plenty of liquids.
2. We will fit you with your TROM brace postoperatively. Continue to wear your brace for 6 weeks. Brace will be locked for ambulation for 1 week and then unlocked. You will sleep with the brace locked for 3 weeks and then you may sleep without the brace. You may unlock the brace to bend your knee and use the pedlar as desired.
3. You will be given crutches postop if you do not have any already. Begin partial weight bearing as tolerated **with 2 crutches, flat foot** on the ground with each step. Continue crutch use for 3-4 weeks as dictated by physical therapist.
4. An Active Ice wrap will be provided for your knee. Re-freeze the wrap in your home freezer as necessary. Wear it for the first 2-3 days to decrease swelling and pain, then use as desired.
5. Use the Pedlar for 10 minutes every hour when you are awake.
6. A compression stocking or large ace wrap will be applied to your leg postoperatively. This is to help prevent blood clots and control swelling. You may remove it to shower and do bandage changes, but continue use at all other times for 7 days, or until sutures are removed.
7. Elevate the surgical leg when sitting and sleeping to reduce swelling. **DO NOT** place a pillow directly under the knee; place it under your ankle so your knee is not bent.
8. Practice quadriceps muscle tightening, straight leg raise exercises, and ankle pumps several times each hour. Bend your knee as often as you need to for comfort.
9. Let pain be your guide to activity; too much pain, too much activity.
10. Prescriptions for pain and inflammation will be provided. Please begin medications as instructed as soon as you arrive home. Use Tylenol for headaches. Avoid ibuprofen and other NSAIDs 1 week prior to surgery. Please inform us of any known drug allergies. A prescription for antibiotics will be provided. Take as directed beginning 2 days before surgery, and 2 days after surgery.
11. You may shower 48 hours after surgery but do not get surgical incisions wet and keep brace covered. You may shower after suture removal visit.
12. If you have a day surgery, we will see you in the office day one post operatively. You will also be given a follow up appointment date in 1-10 days for suture removal. Appointment dates and times are located on the yellow **POST-OP** sheet.
13. **DO NOT** swim, take a tub bath or whirlpool, or immerse your wound until after your sutures are removed and a wound check is completed in the office.
14. If you develop a fever greater than **101°**, or have unexpected redness, swelling, or drainage in your lower extremity, please call the office immediately.
15. **REMINDER:** Schedule your first physical therapy visit as instructed (yellow sheet). You will receive your physical therapy prescription the day of surgery. **Remember to take your prescription with you to your first visit.**
16. **DRIVING:** You may not drive within 48 hours of surgery. Left leg surgery, you may drive once you are off of pain medication. Right leg surgery, **NO DRIVING** for 6 weeks and you are off of pain medication.