

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 if you do not have one already. Continue to wear your brace locked in extension for ambulation for ___ weeks, then unlocked for ambulation for ___ more weeks. You must unlock the brace to use CPM machine.
3. You will be given crutches postop if you do not have any already. Begin partial weight bearing **with 2 crutches, flat foot** on the ground with each step. (___lbs. restriction vs. as tolerated)
4. A **CPM** (Continuous Passive Motion machine) will be provided before surgery. You will be instructed on set up and usage in the office before you take the machine home. Begin at 0-30° of flexion; on post-op day 2, increase 5-10° each time, max 0-90° until suture removal. You will begin CPM use 6 hours postoperatively, and keep it on through the first night until the next morning. After that, use CPM 6 hours daily.
5. 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.
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 will wear this 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.
8. Practice quadriceps muscle tightening, straight leg raise exercises, and ankle pumps several times each hour. Let pain be your guide to activity; too much pain, too much activity.
9. 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.
10. You may shower 48 hours after surgery in a seated position with your leg covered, but do not get surgical incisions wet and keep brace covered. You may shower regularly after suture removal visit. **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.
11. 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.
12. If you develop a fever greater than **101°**, or have unexpected redness, swelling, or drainage in your lower extremity, please call the office immediately.
13. **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.**
14. **DRIVING: LEFT LEG** – no driving until you are off of pain medication; **RIGHT LEG** – no driving until you are cleared by Dr. Zaslav