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## **POST-OPERATIVE INSTRUCTIONS**

### ***Procedure:***

### ***Wound Care:***

- You may remove the dressing in 2-3 days and apply clean 4x4 gauze bandages and ACE® wrap to wounds. You may shower after 2-3 days please cover area with clear plastic wrap (Saran® wrap). No soaking, bathtub / swimming until 4 weeks post-operative.

### ***Sutures:***

- Absorbable skin sutures were used. No suture removal is necessary.
- Nonabsorbable skin sutures were used. Suture removal will be at first post-operative visit (1-2 wks).

### ***Ice:***

- A Cold therapy pad/wrap has been applied. Use it frequently (20 minutes on and 20 minutes off) during the first 2-3 days after surgery for compression and cold therapy. Use as needed after this.
- Apply ice packs frequently to the area during the first 2-3 days (20 minutes on and 20 minutes off) after surgery and then as needed.

### ***Weight-Bearing***

- Weight bearing as tolerated in brace. Use crutches as needed for pain or limp. When pain and limp are improved, then you may walk as tolerated without crutches.
- Non - Weight Bearing for \_\_\_\_\_ weeks.
- Touch-Down (Toe-touch/Heel-touch) weight bearing in brace. Use crutches and bear minimal weight for \_\_\_\_\_ weeks.

### ***Follow-Up Appointment:***

- Follow-up with Dr. Schlechter in \_\_\_\_\_ week(s). If you do not already have an appointment, call the office at (949) 600-8800 extension 205 to schedule one.
- Follow-up with Dr. Schlechter in \_\_\_\_\_ week(s). If you do not already have an appointment, call the clinic at (714) 509-8402 to schedule one.

### ***Brace***

- Knee Immobilizer. Use full-time including sleep. May remove for showering/CPM use/Physical Therapy/Home Exercise.
- Range of Motion Brace. Use full-time including sleep. Brace locked straight at all times. May remove for showering/CPM use/Physical Therapy/Home Exercise.
- Shoulder Immobilizer. Use full-time including sleep x 4 weeks. May remove for showering/Physical Therapy/Home Exercise including elbow motion several times daily.

### ***Continuous Passive Motion Machine (CPM)***

- CPM machine for 3-4 weeks. May start day of or day following surgery. Use for 6 hours daily (can be broken up into 1-2 hour intervals) at a comfortable speed. Start at a comfortable range (0-30) with a goal to achieve AT LEAST 0-45° by week 1, 0-60° by week 2, 0-90° by week 3 then advance as tolerated.

**Medications:**

- A prescription \_\_\_\_\_ for pain has been provided. *Use as prescribed for severe pain only.* Do not drive, operate machinery, or drink alcohol while on the medication. Add a non-steroidal anti-inflammatory medication (ibuprofen \_\_\_\_\_mg for pain. You may alternate ibuprofen with extra strength Tylenol every 4 hours. (example: *ibuprofen at Noon then Tylenol at 4pm then ibuprofen at 8 pm.*)
- Please take Aspirin 325mg twice daily x 3 weeks for blood clot prevention. Start tomorrow the first day after surgery
- Please take \_\_\_\_\_ antibiotic as prescribed. Start today when you return home.

**Swelling:**

Maximal swelling occurs during the first 24-48 hours after surgery. Elevate area to minimize.

**Driving:**

You may resume driving when you have full control of your limbs and pain free motion.

**Contact Information:**

Contact the office (Call 714-633-2111) for problems or concerns, such as persistent fever over 101°F, marked wound redness, excessive wound drainage, pus, numbness or tingling, or severe pain unrelieved by pain medication. A physician is available at all times.

**Therapy**

- No formal physical therapy will be necessary.
- Formal physical therapy will be arranged, with specific therapist instructions, at the first post-operative visit. You may wish to set up an appt with physical therapy in advance (2-3 sessions/wk).
- Until formal physical therapy, you may do the following home exercises:
  - Ankle pumps: Move ankle up and down. 30 reps, 3 times daily.
  - Straight Leg Raise: On your back with knee straight, lift leg up. 30 reps, 3 times daily.
  - Quad Sets: On your back push your knee back straightening it as much as possible. 10-20 reps, 12 times daily.
  - Assisted ROM: Over the side of a table, let the operated knee go through a range of motion as tolerated by pain from full extension to 90° flexion. Use the unoperated side to assist by placing that foot under the heel of the operated leg. 30 reps, 3 times daily.
  - Passive Extension: Lying on your belly, let your knee hang over the bed and let it straighten out. 10 minutes, 3 times daily.
  - Patellar Mobilization: Grasp the kneecap and move it up, down, and to both sides as tolerated by pain. 30 reps, 3 times daily.
  - Stationary Bike: Raise the seat up to minimize knee flexion to less than 45°. No resistance. 15-20 minutes per day.
  - Heel Slides: On your back with the foot of your operated leg on the table and a towel around the front of your ankle, slide your foot backward towards your buttock, using the towel. 5 reps, 3 times daily.
  - Shoulder Pendulum: From standing position bend from waist, let arm hang straight down, gently move arm in circular motion clockwise and counterclockwise x 10, 3 times daily.
  - Hip Pendulum: Stand on step supported by non operative leg, allow operative leg to hang off edge, gently move leg in circular motion clockwise and counterclockwise x 10, 3 times daily.
  - Hip flexion/extension 0-90 degrees: Same positioning as hip pendulum, move leg forward and backward not exceeding 90° x 10, 3 times daily.

*-No weight lifting or water therapy during first two weeks.*

*- If an exercise is very painful, stop doing it or do it within the limits of motion that is not painful.*

*-Major therapy gains are not achieved during the first two weeks. This is mainly a recuperative period. Formal physical therapy will commence after your first post-operative visit.*