

Patient Name: _____ **Surgery Date:** _____
Procedure: _____

Your first post-operative appointment will be _____ at 7:30 at the Andrews Institute Physical Therapy Center. You will also have your first physical therapy appointment at this time.

Post Op Information:

Following surgery the knee needs to stay clean and dry. We do not want you to touch the incisions or put any lotion, ointments, water, etc. on the knee for the next two weeks.

The steri-strips placed over the incisions during surgery were done in a sterile field; they are the best defense against infection during the post op period. They are meant to keep the area under the steri-strip sterile and provide a protective barrier and will stay over the incisions for the next two weeks.

At your two week post-operative appointment we will remove your steri-strips for you. If for some reason the steri-strips come off prior to your appointment you can ask your therapist to place new ones on.

Sutures:

Your sutures are subcutaneous and dissolvable. This means you will not see the sutures and they will disappear over time. **No suture removal is required.**

Running sutures were used to close your incision. The ends will be clipped 2 weeks following surgery.

Dressing change:

We would like for you to change your dressing one time a day for the next 2 weeks. Please continue to do your dressing change until you have been seen for your two week follow-up appointment.

Please check your incisions for any excessive draining or pussing, observe skin around incisions for red streaking, and check for any excessive swelling as these are all signs of infection. Please notify the office if you experience any of these symptoms.

Ted Hose:

We ask that all patients wear the ted hose given to you after surgery at all times with the exception of showering for the two weeks following surgery. Wearing of the ted hose can help prevent formation of a blood clot. While blood clots are common on the surgical leg they can also form in the un-operated leg. Symptoms of a blood clot are tenderness in the calf that won't go away. If you experience this please do not rub or massage the area but let someone know immediately.

Ankle pumps: Doing ankle pumps on both legs can also reduce a chance of developing a blood clot. It is recommended that the patients do 3*15 sets of ankle pumps three times a day.

Elevation: Please elevate your leg as often as possible. Elevation greatly reduces the amount of swelling which reduces pain and increases the amount of motion the joint can move through.

Ice: We ask that the patient ice 5-6 times a day for 20-30 minutes at a time. You will be provided with a cool unit following your procedure. Please do not use the cool unit for longer than 30 minutes during a treatment period.

Bathing: Please keep the area dry over the next 2 weeks, suggestions for showering will be given to you at your first post-operative appointment. After the two weeks you may begin to shower regularly. Please avoid taking baths until you are 4 weeks post-operative.

Swimming: Most patients begin swimming four weeks after surgery as long as all incisions are well healed. However, healing times vary depending on person and procedure performed. Please wait for clearance from Dr. Anz prior to swimming, getting in a pool/hot tub, or taking a bath.

Brace:

- You will not need a brace following surgery
- You were given a _____ following surgery. This brace will be worn at *all times* over the next _____ weeks/months. Please do NOT adjust the settings on your brace

Crutch Use:

- You will use crutches for comfort for the first week following your surgery.
- You will be *NWB/TTWB/PWB* (___ %) /*FWB* for _____ weeks/months following surgery. After that point in time we ask you please work with your therapist to wean off your crutches.

Continuous Passive Motion (CPM) Device:

- Not required
- CPM Settings: _____ hrs _____ times a day. Flexion: _____ Extension _____

Please note all questions regarding pick-up/drop off/or general use of CPM should be addressed to Lindsey: 850-698-0209

ROM:

- No range of motion restrictions
- Flexion _____ Extension _____

Driving:

- No driving until you are off of all pain medications
- No driving for 8 weeks if your R leg was your surgery leg or you drive a manual transmission

Medications:

You were given the following medications: _____

Please remember that if you are taking pain medications: No driving or operating heavy machinery while taking the medications, no mixing the medications with alcohol, and no taking any additional Tylenol (because the pain medications contain Tylenol).

Post-Operative visits:

Generally we like to see our post-op patients at the 2 week, 6 week, 3 month, and 6 month time frames. To schedule your appointments please contact Chiquita at (850) 916-8680.

Your 2 week office appointment is scheduled for: _____

Post-Operative X-rays:

- You will need post-operative x-rays at _____ weeks/months.
- You should not need any post-operative x-rays.

Call our office (850) 916-8463 AND present to an urgent care office/emergency room IMMEDIATELY if any of the following occur:

- Fever, chills, or sweats
- Redness and warmth around the incision(s), non-clear drainage from the incision, or increased pain in or around the incision.
- Calf swelling, redness, pain or warmth
- Chest pain, difficulty of breathing, or cough