

You are recovering from reconstructive knee surgery. The following information is to help make your recovery as smooth and rapid as possible.

1. Keep your knee elevated as much as possible for the next few days.
2. Keep your dressing on for three days. Do not get it wet. You may shower by wrapping plastic wrap over the dressing. After three days, the bandages may be removed and the wounds covered with clean dressings. Keep the wounds dry until your first visit after surgery.
3. Postoperative bleeding is not unusual. Reinforcing your dressing is all right. If you have concerns about the amount of bleeding, please call.
4. Use your cold therapy unit as directed until you are seen in the office.
5. You may walk with your crutches placing as much weight on your leg as you can tolerate. Remember that the surgery will cause your thigh muscles to be weak, so take your time and be safe.
6. Your postoperative therapy begins on the day of surgery. Initially you should perform ankle pumps (up and down motion), straight leg raises, thigh isometric contractions, and knee range of motion up to 90 degrees. There is no limit to the amount of these exercises you may do. No therapy should cause sharp pain. Stop all activities that cause this kind of pain.
7. The only activity you should absolutely avoid is deep knee bends or squats.
8. Postoperative pain is common but should be controlled by the prescriptions given to you.
9. You will be seen in three to four days in follow-up. Please call the Orthopaedic Office at 860-679-6600 or 800-535-6232 if you have any problems.