

1. You will be given crutches for safety and support. You should use them at least until your first postoperative visit, and we will discuss the appropriate length of time for you to begin to wean off them and progress to a weight bearing status. Some conditions and surgical interventions will require a longer non-weight bearing course.
2. Keep the 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 and covered until you are seen for your first postoperative visit.
3. Postoperative bleeding is not unusual. Reinforcing the dressing is all right. If you have concerns about the amount of bleeding, please call.
4. Postoperative pain is common but should be controlled by the prescriptions given to you.
5. If you experience a fever, redness around the surgical site or drainage, please call.
6. Your postoperative therapy begins the day of your surgery. Initially you should perform ankle pumps and thigh isometric contractions. No therapy should cause sharp pain. Stop all activities that cause this type of pain.
7. You will be seen in three to six days in follow-up. We will likely remove the sutures at your first postoperative visit. Please call the Orthopaedic Office at 860-679-6600 or 800-535-6232 if you have any problems.