

## POST OP DRESSING AND EXERCISE INSTRUCTIONS

SURGERY SCHEDULING: TANYA 602-512-8516

- Make sure to schedule an appointment to see Dr. Carter 7-10 days after surgery.
- **Please be sure to bring your surgical pictures with you on your first post op visit.**
- During the first 48 hours after surgery you will have a very thick gauze dressing over the knee. You may notice bleeding or drainage that soaks thru the gauze and ace wrap and starts to appear on the outer surface of the dressing. If this does occur within the first 48 hours after surgery don't be alarmed, leave the dressing as it is or you may place more gauze over the original dressing leaving the original gauze intact.
- It will take approximately a few days for the inflammation process from the surgery to come to a peak. It is very important to ice and elevate during this time. You will be given a Polar Ice unit at the surgery center. This is a cooler that has tubing that goes to a pad which circulates cold water. Use this for 30 minutes every hour.
- 24 hours after surgery unlock the brace unless told otherwise. This will be the range of motion limitation until four weeks post op at which point you will be allowed to discontinue the brace unless otherwise instructed by Dr. Carter.
- Remove the brace, ace wrap, and cotton gauze **2 days** after surgery, there will be a deeper dressing directly over knee (crimped gauze roll) leave this on for **5 days**. After the 2 days you may shower however, the knee and crimped gauze roll must be covered to keep dry. Be careful getting in and out of the shower as there is a high risk of falling. Do not remove the steri-strips (pieces of tape over incision) if you have them. Band-aids should be applied over the incisions. There is no need for a thick gauze dressing after the 5 days and do not use any ointments over the incisions. Place the ace wrap back on, wrapping from the bottom to the top, then put the brace on.
- Begin the exercises 48 hours after surgery. Some of the exercises will be difficult or even painful but you will find that letting the knee sit in one position for too long will actually cause discomfort. Your exercises will help you gain control of your leg and avoid complications with motion and blood clots after surgery. Formal physical therapy will vary and be determined by Dr Carter. You may also remove the brace when you are sitting but must wear it when you are up and around.
- Weight bearing will be determined by Dr Carter post-op, and will be using crutches unless otherwise instructed. Length of time on your crutches may vary and will be determined by Dr. Carter.
- If able to tolerate please take one 325 mg Aspirin a day for 4 weeks after surgery to decrease the risk of a blood clot.

If you have any additional questions or concerns, please feel free to contact our office (602) 277-6211.