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ORTHOPEDIC SURGERY

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Post-op Scope Instructions

1. You will wake up with a bulky ace-bandage dressing on your knee.
2. Try to keep your knee elevated with ice packs over the surgical dressing for the first 24 hours following surgery.

You will be sent home with a prescription for pain medication, Tylenol, Advil or Aleve are OK for less severe pain.

3. Walk using crutches until you are comfortable ambulating without their assistance.

As you walk on your crutches, try to walk as normally as possible, putting weight on this leg as tolerated and bending the knee, using the crutches to help accomplish this.

It is important that you do not walk with a limp during the first week.

4. You may remove the dressing after 48 hours.

At that time you may take a shower, but not a tub bath or swim.

Cover the incision with band-aids. If the incisions are dry out of the shower, no treatment is needed. If there is some ooze then use hydrogen peroxide and a Q-tip to blot and place a new band-aid over the incision.

The ace may be used to rewrap the knee taking care not to apply the ace too tightly.

5. You will be instructed in a home exercise program. Begin the exercises 24 hours after surgery. Your goal will be to work toward the following:

- Quadriceps setting 25 reps X 4 sets a day
- Straight leg lifts 24 reps X 4 sets a day

You may use ice after your exercises. **Note: Be sure to wrap the ice back in a towel.**

You have an appointment on _____ at the Landry Center-Baylor

If you have any problems or questions get in touch with our office as soon as possible.

214-824-4866