

MANIPULATION OF THE KNEE POSTOPERATIVE INSTRUCTIONS



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1. First meal at home should be clear liquids.
2. Use the cold therapy unit as instructed for 7 – 21 days. Alternatively an ice bag should be applied to your knee for 20 minutes four times daily for 72 hours. Do not use heat.
3. Exercises should be done daily with Physical Therapy. You will be instructed further on exercises during your visit to the office next week.
4. You should use the CPM at home daily for 6 – 8 hours. The CPM should be set at maximum motion. Wear the knee immobilizer at night while sleeping.
5. A prescription will be provided for pain before your discharge home. Do not take any aspirin for one week after surgery (use plain Tylenol instead). Please inform us of any known drug allergy.
6. The dressing may be removed after 72 hours. Cover the small incisions with Band-Aids.
7. The dressing will be changed at the office if you are having problems please notify the office and we will change the dressing for you.
8. Activities:
 - (a) Some amount of swelling may be present postoperatively.
 - (b) Use the CPM daily as instructed.
 - (c) Generally if you have a job with little physical activity, you may return to work on the fifth postoperative day.
 - (e) If your job requires excessive lifting or use of the leg, then discuss your return to work date with me.
9. Make your follow-up appointment date for approximately 10 - 14 days after your surgery. Until your first check in the office, do not swim, take tub baths, or use a whirlpool.
10. If you develop a fever of 102 degrees or above, unexpected redness or additional swelling in your lower extremity, please notify me at once.

Thank you for following the above instructions. If you have any questions - please call my office. The receptionist will put you in touch with me or my assistant.