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POSTOPERATIVE INSTRUCTIONS – KNEE – OSTEOTOMY

BRACE/MOVEMENT

For the initial six weeks following surgery you must limit the weight you put on your leg. Toe-touch or Heel-touch weightbearing on your leg only, unless instructed otherwise. Have the brace locked in extension while ambulating with crutches. Do not go for long walks or stand for extended periods of time, this can cause increased swelling and pain. Wear the brace at all times when not icing or bathing or using the continuous passive motion (CPM) machine.

A CPM will be provided for you. You should use the CPM for approximately 4 hours a day, until you have had 1-2 physical therapy sessions. Begin at 0-20 degrees and then progress 5-10 degrees of flexion daily as tolerated.

ICE

An ice machine will be provided to you for after surgery. This will help decrease swelling and pain. Use the ice machine as much as possible when you get home at intervals of 20 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping.

If you did not receive an ice machine – you should use ice packs over the surgical site regularly throughout the day.

In addition to icing your knee, elevate your knee so that your toes are above your nose. This can help to reduce swelling.

MEDICATIONS

Nearly all patients will receive a nerve block for anesthesia, it will wear off over 18-24 hours. During this time, you will have little to no feeling in the body part where you had surgery (i.e. the leg). To control your pain during the transition while the nerve block is wearing off, you are to eat first and then begin taking the **pain medication** (Percocet, Norco). The pain medication can be taken 1-2 pills every 4-6 hours. Pain medication can cause constipation, you may take miralax once a day over the counter. You may also take Colace 100mg 1-2x/day.

Please take aspirin 81 mg daily for 30 days after surgery, this reduces the risk of sustaining a DVT (blood clot).

A **sleeping medication** (e.g. Ambien or Benadryl) is also provided to help you sleep at night. Take one tablet 15-30 minutes before you plan to sleep.

You can supplement your pain medication with an anti-inflammatory (e.g. Advil, Aleve, etc.) – this will help you wean from the narcotic pain medication.

DRESSING/BANDAGES

Keep your surgical dressing clean and dry. Do not remove your dressing until your first post-op visit. You should take a shower with a plastic bag over your leg to keep the dressing clean and dry.

DRIVING

You may drive 3-4 weeks after surgery if you are not taking pain medication. If your right leg is the operative

side, then you must have good control of your leg prior to driving.

TEMPERATURE
It is normal to have an elevated temperature during the first 2-3 days post-operatively. Please call our office if your temperature is above 101^{o}F, if there is increased redness around the incisions, or if there is increased drainage from the incisions.

APPOINTMENT
It is likely that our practice coordinator has already scheduled a post-operative visit for you. This should occur 7-10 days after surgery. At that visit your sutures will be removed, and you will be given a prescription for physical therapy.

If you have any difficulty using anti-inflammatory medications or aspirin or have a history of peptic ulcer disease, please let us know.

If you need anything, the easiest way to us is to call 818-703-3333 or utilize the "Contact Us" tab on laorthos.com.