

## Quick Reference Guide: Postoperative Instructions

After your surgery, there are a variety of steps and precautions that need to be followed to make sure that you recover fully and as quickly as possible.

### Blood Clot Prevention

- You will be instructed to take medication to prevent blood clots. **The standard protocol for anti-clotting management is one baby aspirin (81mg) twice a day for 4 weeks.** Instructions for use and information about any additional or different medication will be provided on discharge. **Do not stop this medication without talking to your surgeon.**

### Dressing changes

- **ALWAYS** wash your hands with soap and water before changing your dressings or touching the incision
- Look at the skin around your incision daily and call the office if there are any concerns (redness around the incision, pus looking drainage, wound is open/gapping, increasing drainage of any kind, especially if it had previously stopped draining).
- **DO NOT** apply any ointments to the incision
- **If you are a patient of Dr. Veazey or Dr. Brazeal**
  - Change your dressing every 5 days with Tega+pad (waterproof dressing) provided from the hospital or sooner if you have drainage from your wound. **Please contact the office if you have drainage that lasts longer than 5 days or continues to increase.**
- **If you are a patient of Dr. Iero**
  - **Continue to use SCDs (squeezers) on both legs!**
  - Change your dressing daily. Place 2 new pieces of gauze folded long ways and placed side by side over the incision, then wrap your knee with an ace wrap. **Please contact the office if you have drainage that lasts longer than 5 days or continues to increase.**

### Showering

- If you are a patient of Dr. Veazey or Dr. Brazeal
  - You may shower with your waterproof dressing on
- If you are a patient of Dr. Iero
  - Remove dressing and cover the incision with “Saran” wrap or plastic wrap. After your shower, remove wrap and pat dry. Place 2 new pieces of gauze folded long ways and placed side by side over the incision, then wrap your knee with ace wrap.

### Constipation

- Constipation after surgery occurs in almost all patients. Continue a stool softener (Colace) twice a day, prunes or prune juice with each meal, along with other products as needed (Miralax, Milk of Magnesia, Fiber, Dulcolax, or other foods that you know have helped keep you regular in the past) until bowel movements are soft and regular. Start them immediately upon discharge. Walking and plenty of water also help regulate bowel movements. Eat food high in fiber (cereals, beans, vegetables, whole grain breads).

### Fever

- A low grade fever is normal during the first week following surgery. However, if you experience any temperature above 101.5°F, contact your surgeon's office.

### Swelling

- Swelling of the knee and lower leg can increase for 7-10 days after surgery and persist for months.
- Continue to use cold packs for at least four weeks or until it is no longer warm to the touch when compared to the other knee
- Avoid sitting beyond one hour
- Do not use heat (Heat may increase swelling)
- Elevate your leg



### Driving

- If you had your **left leg** operated on, you may drive when you are off of narcotic pain medicines and can get in and out of a car - usually in 2-4 weeks.
- If you had your **right leg** operated on, then you can usually drive in 3-6 weeks.
- Your doctor will let you know when it is safe to do so.