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## **Knee Surgery Post-operative Instructions**

### **WOUND CARE**

- You may remove the Operative Dressing on Post-Op Day #2.
- **KEEP THE INCISIONS CLEAN AND DRY.**
- Apply Band-Aids to the wounds. Change the Band-Aids daily after showering. Please do not use Bacitracin or other ointments under the bandage.
- An ACE wrap may be used to help control swelling. Do not wrap the ACE too tight.
- Use Ice or the Cryocuff as often as possible for the first 3-4 days, then as needed for pain relief. Do not wrap the Ace too thickly or the Cryocuff cold may not penetrate.
- You may shower on Post-Op Day #3. Gently pat the area dry. Do not soak the knee in water. Do not go swimming in the pool or ocean until your sutures are removed.

### **EXERCISES**

- Keep your leg elevated with a pillow under your calf, NOT under the knee
- Please perform these exercises 2-3 times daily:
  - Towel Roll Under Heel
  - Isometric Quadriceps Strengthening
  - Straight Leg Raise
  - Seated Active Assisted Range of Motion Exercises

### **POST-OP**

- The following prescription was sent to your pharmacy post-operatively:
  - VICODIN *or* PERCOCET, a strong narcotic, to be used only on an "as needed" basis for pain.
- You should take over the counter Advil or Motrin 600mg (3 pills) 3 times per day for baseline pain relief.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101°), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

### **FOLLOW-UP**

- Please call the office to schedule a follow-up appointment for your suture removal, 10-14 days post-operatively.

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.**