

Gregory Galano, MD
130 E 77th St, 8th Fl
New York, NY 10075
p: 212-861-2300, f: 212-861-2442
license #: 241830

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. 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 the exercises on the attached Home Exercise Program 2-3 times daily:
 - Towel Roll Under Heel
 - Isometric Quadriceps Strengthening
 - Straight Leg Raise
 - Seated Active Assisted Range of Motion Exercises

POST-OP

- Enclosed are two prescriptions for you to use post-operatively:
 - NAPROSYN, an anti-inflammatory medication, is to be used twice a day with breakfast and dinner, for the first ten days after surgery.
 - **IF YOU HAVE AN ULCER HISTORY OR DIFFICULTY USING ANTI-INFLAMMATORIES OR ASPIRIN >> DO NOT USE**
 - VICODIN *or* PERCOCET, a strong narcotic, to be used only on an “as needed” basis for pain in addition to the Naprosyn.
- 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.