



Dr. Ruwe Knee Discharge/Home Instructions

FOLLOW-UP APPOINTMENT: Call your doctor later today or tomorrow to arrange for an appointment to be seen. Connecticut Orthopaedics Surgical Center wishes you a speedy recovery. Please note the following guidelines for your recovery at home.

DIET: Your regular diet may be resumed today. Start with liquids. Drink additional fluids today. Avoid alcohol for 24 hours and while you are taking your pain pills.

MEDICATIONS: It is normal to experience some discomfort after surgery. Take your medication as prescribed by your doctor. Pain medication may cause constipation. Eat something before taking medication to avoid stomach upset. Your pain medication is to be taken 1 to 2 tablets when you are aware of soreness and every 3-4 hours as needed. Take buffered or enteric-coated aspirin 325 mg daily, for 3 weeks if tolerated.

DRESSING: KEEP YOUR DRESSING DRY AND CLEAN.

Remove your dressing in 3 days. Apply Band-Aids to the portal openings.

ACTIVITY:

Do not drive, operate machinery, or sign legal documents. You may be forgetful due to today's medications.

Rest today. Get up every 2-3 hours during the day. You may experience lightheadedness and sleepiness following your surgery. We encourage you to have someone with you for 24 hours.

Gradually resume light activity. Use crutches and advance weight bearing as tolerated. Elevate limb for 24 to 48 hours. Flex and extend ankle to promote blood flow. Apply ice for 48 hours intermittently while awake.

NOTIFY YOUR SURGEON IF YOU ARE UNSURE OF YOUR PROGRESS OR IF:

- *Dressing is too tight.
- *Fever above 101.
- *Excessive swelling or bleeding.
- *Nausea/ vomiting
- *Excessive pain.
- *Unable to urinate
- *Infection (red, drainage and/or sore)

IF YOU CANNOT REACH YOUR DOCTOR AND NEED HELP OR ADVICE RIGHT AWAY, GO TO THE EMERGENCY ROOM NEAREST YOU. IN THE EVENT OF A TRUE EMERGENCY CALL 911.