

### GENERAL INFORMATION

- Your knee will have a wool crepe bandage on it. Underneath this are steristrips covered by a plastic dressing. The day after surgery remove the wool & crepe bandage and put on the elastic tubigrip supplied. The tubigrip can be removed for showering – the plastic dressing will protect the wounds.
- The plastic dressing and bandaids can be removed after 5 days, then apply new bandaids to the wounds.
- If the plastic dressing peels off or becomes soaked then remove it and apply bandaids to the wounds.
- In the first week after surgery, it is often helpful to apply an ice pack to the knee, 3-4 times a day.
- If you have persistent severe pain and swelling that is not controlled by simple analgesia, or continuing drainage from the wounds then please contact my rooms.

### WALKING

- Restrict walking to essential needs for the first few days and restrict activities for 2 weeks after surgery.
- Try to walk as normally as possible and put full weight through the leg.

### EXERCISES

- Commence the day after surgery.
- Start slowly and gradually build up as tolerated.
- Do not cause excessive pain when exercising.