

Post-op Checklist

Day 1 At Home:

**GOAL TODAY – Walk every other hour according to the Home Exercise Program.
See page 4 for ways to decrease your bruising and swelling.**

Checklist for the day:

- ☐ Drink plenty of fluids and eat a healthy diet full of fruit and fiber. Be sure to avoid salty foods to ensure better hydration.
- ☐ Take your aspirin at 9:00 am and 9:00 pm through day 28.
- ☐ Use a laxative if needed to ensure a healthy bowel movement.
- ☐ Take your pain medications as prescribed.
- ☐ Perform your exercises 2-3 times per day. Plan to complete them 30 minutes after taking your pain medication.
- ☐ Do ankle pumps 10-20 times every hour when awake.
- ☐ Use ice for 20 minutes, 4-5 times through the day to help control pain and swelling. Make sure you keep a cloth between your body and the ice or gel pack. If you purchased a cold therapy unit, follow your instructions on how to use it.
- ☐ Walk with your assistive device for at least 5 minutes every other hour when awake.
- ☐ **Knee Only:** Bend and straighten your knee gently 10 times every hour when awake. Work on bending and straightening your knee further each time.

Day 2 At Home:

GOAL TODAY – Continue walking every other hour, increase per Home Exercise Program.

Checklist for the day:

- ☐ Continue to drink plenty of fluids and eat a healthy diet full of fruit and fiber. Be sure to avoid salty foods to ensure better hydration.
- ☐ Take your aspirin at 9:00 am and 9:00 pm.
- ☐ Use a laxative if needed to ensure a healthy bowel movement.
- ☐ Take your pain medications as prescribed.
- ☐ Perform your exercises at 2-3 times per day. Plan to complete them 30 minutes after taking your pain medication.
- ☐ Use your incentive spirometer 10 times every hour when awake.
- ☐ Do ankle pumps 10-20 times every hour when awake.
- ☐ Use ice for 20 minutes, 4-5 times through the day to help control pain and swelling. Make sure you keep a cloth between your body and the ice or gel pack. If you purchased a cold therapy unit, follow your instructions on how to use it.
- ☐ Walk with your assistive device for at least 5-10 minutes every other hour when awake.
- ☐ **Knee Only:** Bend and straighten your knee gently 10 times every hour when awake. Work on bending and straightening your knee further each time. If possible, try to fully straighten your knee.

Day 3 At Home:

GOAL TODAY – Continue walking every other hour, increasing time each day.

Checklist for the day:

- ☐ Continue to drink plenty of fluids and eat a healthy diet. Be sure to avoid salty foods to ensure better hydration.
- ☐ Take your aspirin at 9:00 am and 9:00 pm.
- ☐ Use a laxative if needed to ensure a healthy bowel movement.
- ☐ Take your pain medications as prescribed.
- ☐ Perform your exercises 2-3 times per day. Plan to complete them 30 minutes after taking your pain medication.
- ☐ Use your incentive spirometer 10 times every hour when awake.
- ☐ Do ankle pumps 10-20 times every hour when awake.
- ☐ Use ice for 20 minutes, 4-5 times through the day to help control pain and swelling. Make sure you keep a cloth between your body and the ice or gel pack. If you purchased a cold therapy unit, follow your instructions on how to use it.
- ☐ Walk with your assistive device for at least 5-10 minutes every other hour when awake.
- ☐ **Knee Only:** Bend and straighten your knee gently 10 times every hour when awake. Work on bending and straightening your knee further each time. If possible, try to fully straighten your knee.

Day 4 At Home:

GOAL TODAY – Continue walking every other hour, increasing time each day.

Checklist for the day:

- ☐ Continue to drink plenty of fluids and eat a healthy diet. Be sure to avoid salty foods to ensure better hydration.
- ☐ Take your aspirin at 9:00 am and 9:00 pm.
- ☐ Use a laxative if needed to ensure a healthy bowel movement.
- ☐ Take your pain medications as prescribed.
- ☐ Perform your exercises 2-3 times per day. Plan to complete them 30 minutes after taking your pain medication.
- ☐ Use your incentive spirometer 10 times every hour when awake.
- ☐ Do ankle pumps 10-20 times every hour when awake.
- ☐ Use ice for 20 minutes, 4-5 times through the day to help control pain and swelling. Make sure you keep a cloth between your body and the ice or gel pack. If you purchased a cold therapy unit, follow your instructions on how to use it.
- ☐ Walk with your assistive device for at least 5-10 minutes every other hour when awake.
- ☐ **Knee Only:** Bend and straighten your knee gently 10 times every hour when awake. Work on bending and straightening your knee further each time. If possible, try to fully straighten your knee.

Days 5-14 At Home:

GOAL – Independent mobility!

Checklist for the day:

- ☐ Continue to drink plenty of fluids and eat a healthy diet. Be sure to avoid salty foods to ensure better hydration.
- ☐ Take your aspirin at 9:00 am and 9:00 pm.
- ☐ Use a laxative if needed to ensure a healthy bowel movement.
- ☐ Take your pain medications as prescribed.
- ☐ Perform your exercises 2-3 times per day. Plan to complete them 30 minutes after taking your pain medication.
- ☐ Use your incentive spirometer 10 times every hour when awake.
- ☐ Do ankle pumps 10-20 times every hour when awake.
- ☐ Use ice for 20 minutes, 4-5 times through the day to help control pain and swelling. Make sure you keep a cloth between your body and the ice or gel pack. If you purchased a cold therapy unit, follow your instructions on how to use it.
- ☐ Get up and walk with your assistive device (if still needed) for at least 10 minutes every other hour when awake.
- ☐ **Knee Only:** Bend and straighten your knee gently 10 times every hour when awake. Work on bending and straightening your knee further each time. If possible, try to fully straighten your knee. By the end of the 14 day period, you should be able to fully extend your knee and bend it at a 90-degree angle.

WAYS TO DECREASE BRUISING AND SWELLING

WEEK ONE:

Rest

We want you to be up and moving but do this in moderation. We recommend you get plenty of rest of the first 7 days after surgery. **DO NOT OVER DO IT.** Increased activity means increased swelling. By decreasing the swelling early you will recover more quickly. We recommend small bouts of activity throughout the day.

Ice

Ice as much as possible the first week. Ice is a great anti-inflammatory and helps minimize swelling. Use your cold therapy unit if you have one.

Compress

The TED hose compression stockings provide compression and help minimize swelling. The stockings also help prevent blood clots. Wear the stockings more or less for the first 4 weeks after surgery. It is okay to gradually take them off at night or during the day to launder.

Elevate

Elevating your leg will help reduce swelling. To reduce significant amounts of swelling, elevate your leg often during the day. Do this with your ankle above your knee and your knee above your heart. For elevation to be most effective, your toes should be above your nose!

AFTER WEEK TWO:

USE HEAT: You may start using heat to help decrease bruising. Place a hot pack/heating pad over the front and back of the thigh and on the calf muscle. Try heat 3 times a day for 20 minutes each time. Using heat will increase your flexibility and make exercising easier. Alternate the heat and ice. Heat before you stretch/exercise and use ice after activity