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Knee Surgery Patient Discharge Instructions

Following surgery, it is important that you carefully follow instructions to prevent possible complications and assure the best possible surgical results. The following instructions will be useful to you.

1. Weight bearing as tolerated / NO weight bearing (cross one out). Use your crutches as needed. If you have a leg brace, use as directed.
2. Keep leg elevated to minimize swelling. Sleep with 2 pillows under ankle.
3. Do not remove your bandages or allow them to get wet.
4. Apply ice therapy for one hour, 4-5 times per day for the first 3 days.
5. If you have a drain (pain buster) guard against dislodging it. Dr. Abeles will remove it at your first post-operative visit.
6. Perform leg exercises: 10 repetitions every hour while awake.
 - a. "Knee Bends"
 - b. "Leg Lifts"
7. Eat a balanced regular diet.
8. Take all medications as directed. Do not mix alcohol or drive after taking any pain medications.
9. Please take one regular aspirin twice a day for 2 weeks.
10. Call the office immediately (**510-538-0430**) if you notice any of the following:
 - a. Pain not relieved by medication and ice therapy.
 - b. Pain getting progressively worse after the first 24 hours.
 - c. Uncontrollable bleeding.
 - d. Fever over 100 degrees, chills or red streaks on hand or arm.
 - e. Wet bandages.

Your return appointment is for _____

Patient Signature

Date

Witness

Date