



820 S. Akers, Suite 220 Visalia, CA 93277
Office Number: 559-733-3346

Knee Fracture Post-op Instructions:

Wound Care/Bathing:

- Keep your bandaging/dressings dry and intact. You may shower, but your bandaging/dressings need to be kept covered.
- You may remove your bandage three days after surgery (except the steri-strips on the skin, if you have them). You may then get the knee wet, wash lightly with soap and water, and recover the incisions with band-aids.
- **NO SOAKING IN A POOL OR TUB FOR THREE WEEKS OR UNTIL CLEARED BY DR. CRINER.**

Pain Control:

- Pain medication will be called into your pharmacy of choice, the day of your pre-op.
- Please pick up your medication from the pharmacy, and take as prescribed after surgery. The only exception is: it is a good idea to take the narcotics around the clock for the first 24 hours after surgery to prevent yourself from being caught off guard when the numbing medication wears off that was used during surgery.
- You can take over-the-counter Tylenol for mild/moderate pain.
- Ice the knee for 10-15 minutes, every hour, as needed for swelling.
- Elevate your leg, with your knee higher than your heart, as much as possible to help with pain and swelling.
- We CAN NOT prescribe anything stronger than what you are prescribed initially.

*Keep in mind surgery recovery is uncomfortable and it is common to be in pain during your recovery. Please see the recommendations above to help with pain relief. *

Blood Clot Prevention:

- You should get up and walk around frequently, without putting weight onto your operative leg, during the day. At least once every hour or two, to minimize the risk of blood clots.

Activity:

- No weight bearing on your operative leg, unless told otherwise. Use crutches, a walker, or wheelchair to move around.
- If you were given a splint or brace, wear it at all times, even while sleeping.
- Do not return to work until instructed to do so, safely.
- It is safest not to drive until your first post-op appointment. If you are no longer taking narcotic medication, and your leg is full strength, it may be okay to start sooner.

Physical Therapy:

- Physical therapy will be discussed at your first post-op appointment.

Follow up appointments:

- Your first post-op appointment will be scheduled at your pre-op visit, but if not, please call 559-733-3346 and speak to Charlotte.

Questions:

- Call 559-733-3346 and ask for Dr. Criner's staff during normal business hours.

Emergencies:

- **If you have emergent questions or concerns that cannot wait until the day, you may dial 559-733-3346; you will get the orthopedic surgeon who is on-call. If it is not Dr. Criner, the surgeon that answers your call will not know who you are, so please be sure to clarify that you are one of Dr. Criner's patients, the surgery that you had, and the date that you had surgery.**
- **It is our office policy not to prescribe medications over the phone. If you need any medication during the night or weekend, you will have to go to the emergency room.**