

## Post-Operative Equipment

- **Brace:** You will be provided a brace for your knee on the day of surgery. The range of motion will be set to a specific degree in the operating room by the surgeon. You will be most comfortable wearing loose clothing that the brace can go under, or shorts, skirts or leggings. The amount of time that you will need to wear the brace will be determined and communicated to you at surgery in your surgery folder
- **Crutches:** Following surgery, you may use your own crutches or if needed a pair will be provided to you. Weight-bearing status and duration of crutch use will vary by procedure.
- **Cold Therapy:** This is a optional service. Cold therapy options may include but are not limited to: GameReady, IceMan, Breg Polar Care etc.

Place a post-op blue towel or a kitchen towel between the pad and your skin to avoid a “cold burn.” **NEVER LET THE COLD PAD TOUCH THE SKIN!** Use the cold pad 30 minutes on and 30 minutes off as much as possible for 2-3 days immediately following surgery. Then use the cold pad 2-3 times per day after that for the next few weeks. Start using the compression function with the cold pad 24-48 hours after surgery. Place it on the medium setting.



- **Continuous Passive Motion (CPM) Machine:** It is designed to passively move your knee to help prevent scar tissue from forming. It should be relatively pain free to use.

It should start at 0-30 degrees of flexion and you should advance the flexion by 5 degrees per day as tolerated up to 120 degrees max when you are at full range. You will use it 1-2 hours at a time, 2-3 times per day for a total of 4-6 hours for 3 weeks.



### Other tips:

- **Showering:** You will be safest to have a shower chair or stool for the first 2-3 weeks after surgery. These are available at Walgreens for about \$20. Get into the shower and sit down, then remove brace to shower. Once you are dry, replace the brace and use crutches or a family member to help you out of the shower. The floor can seem very slippery when balancing on one leg.
- **Sleeping:** You should plan to sleep on your back after knee surgery.