

The BEST Recovery Aids I Recommend to All My Patients after Knee Replacement

After surgery, our #1 goal is to decrease swelling, reduce pain, and make your recovery as easy as possible.

Each of these products has been shown to help with these goals.

I highly recommend investing in them to give yourself the best chance of an excellent outcome.

Wishing you the best of health,

Dr. Kerbel



@DrKerbel

Dr. Yudi Kerbel, MD

Breg Polar Care Wave & Cold Compression



*Example Pad Application

What it does:

Delivers continuous cold therapy while gently compressing the knee to move fluid out of the leg.

Why this matters:

Swelling is the biggest barrier to good recovery. The less swelling you have, the easier it is to bend your knee, move comfortably, and reduce pain.

Why I recommend this:

Regular ice packs help, but this works better. The machine stays cold for long sessions and adds compression, which makes a huge difference for keeping swelling under control.

Bottom line:

This is not cheap, but it REALLY works. Every one of my patients who's bought it has said it was absolutely worth the investment.

<https://tinyurl.com/4822nrx5t>

Click
Here to
Purchase



Price: \$360



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OnlyCare Cold Therapy Machine

(If Breg Machine is too expensive)



What it does:

Like the Breg Polar Care Wave, delivers continuous cold therapy, but does not include compression.

Why this matters:

Swelling is the biggest barrier to good recovery. The less swelling you have, the easier it is to bend your knee, move comfortably, and reduce pain.

Why I recommend this:

Regular ice packs help, but this works better. The machine stays cold for long sessions without you having to continually change ice packs, which makes a huge difference for keeping swelling under control.

Bottom line:

If the Breg machine is too much, this is a more manageable price point. Completely worth the investment.

Price: \$140

OnlyCare Link

Click
or scan
here to
Purchase



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EdemaWear Compression Stockings

What they do:

Encourage fluid movement out of the leg without painful squeezing.

Why this matters:

Traditional compression stockings often feel like a tourniquet: tight, hot, and uncomfortable. Many patients stop using them.

Why I recommend these:

EdemaWear uses a breathable mesh design with a “furrow compression” pattern that moves swelling naturally instead of just squeezing your leg.

Bottom line:

Comfortable compression means people actually wear them and get big relief from swelling without all the hassles of normal compression stockings.

Note: Make sure to measure your leg and get the right size!

Price: \$20-30



EdemaWear Website

**Click
or scan
here to
Purchase**



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Diosmin + Hesperidin Supplement



What it does:

Supports blood vessel healing and reduces leakage that causes fluid buildup in the leg.

Why this matters:

After surgery, tiny blood vessels get damaged and leak fluid into the tissues, causing swelling. Supporting vessel repair helps limit swelling and decreases inflammation.

Why I recommend it:

This supplement has solid medical research behind it and helps reduce post-surgical swelling safely.

Bottom line:

This is a simple, inexpensive supplement that can make a meaningful differences in your recovery.

<https://amzn.to/44ydx96>

**Click
Here to
Purchase**



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Essential Amino Acid Supplement



What it does:

Provide the building blocks your body needs to heal muscle and tissue after surgery.

Why this matters:

Healing requires protein, especially during recovery when your body is under stress.

Why I recommend it:

Research shows essential amino acids help improve muscle recovery, tissue repair, and may even reduce pain.

Bottom line:

This is a valuable nutritional support for the healing process.

<https://amzn.to/4ix2bla>

Click
Here to
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Price: \$50



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