**You are recovering from reconstructive knee surgery. The following information is to help make your recovery as smooth and rapid as possible.**

* Keep your leg elevated as much as possible
* Remember that the surgery will cause your thigh muscles to be weak, so use your crutches, take your time and be safe. You may rest your foot on the ground while using crutches.
* If you chose to shower, wrap your extremity and/or bandage to keep it dry
* If necessary, the bandages may be removed and the wounds covered with clean dressings after three (3) days
* Some seeping through your dressing is not unusual. You may reinforce your dressing but call us if you have concerns
* Use your cold therapy unit (if you have one) or apply an ice bag to reduce your discomfort. You should ice at least three (3) times a day until swelling is gone.
* You have received an exercise page with pictures and instructions on exercises that you may begin now. There is no limit to the amount of these exercises you may do. Stop any exercise that causes sharp pain.
* Post-operative pain is common but should be controlled by the prescriptions given to you.
* You will be seen soon in follow-up. Please call our office listed below if you have any concerns.