

home care instructions, Kenneth Sanders, M.D.

- Eat only light, non-greasy foods today.
- Practice quadriceps muscle tightening and straight leg raise exercises several times each hour.
- A prescription will be provided for pain medication before discharge. Take pain medicine with food. You may substitute Tylenol™ for your pain medicine as desired. You may take Advil™ or Aleve™ with your pain medication. Please inform us of any known drug allergy.
- Use crutches or cane for security and comfort as needed. Please discard these as soon as possible unless your physician asks you to use them for a longer period.

activity

- Let the pain be your guide to activity — too much pain means too much activity.
- Engage only in simple walking activities. No sports, running, excess stair climbing or squatting.
- Swelling may be present post-operatively. Restrict activity and elevate the leg if swelling is present.
- Do not use exercise machines unless specified.

- Do not get the leg wet. Sponge bathing will be necessary to avoid water on the dressing and incision.
- Call the Glen Ellyn offices at 630 790 1872 the day after surgery to obtain a follow up appointment date for approximately 4-5 days after your surgery.
- If your toes become cold, purple, numb or there is excessive bleeding call your physician.

Glen Ellyn 630 790 1872

Naperville 630 717 2626

24 hour answering service

630 469 9200