



## **GENERAL HOME CARE INSTRUCTIONS**

### **KNEE SURGERY**

- You will be resting for several days with your knee elevated on pillows.
- You will be using an ice pack or cooling device depending on your surgeon's preference for several days.
- You will be seen by a Physical Therapist before surgery and given instructions on using crutches as well as walking restrictions.
- You will be using crutches for several days. You may bring your own if you have them or they will be provided for you.
- You will not be able to shower for several days.
- **ACL KNEE SURGERY:**  
In addition to the above instructions, you will wear a knee brace after surgery.

**More specific instructions will be given on the day of surgery. Please contact your surgeon's office if you have additional questions.**