

7. **EXERCISES:** The thigh and calf muscles will shrink in size and strength quite rapidly unless they are exercised. Simple exercises should be started as soon as possible. The best exercises are as follows:

- a. Straighten your knee as much as possible and clench the thigh and calf muscles tightly. Hold the muscles clenched tight for 5 seconds, and then relax. Repeat this exercise 10-20 times every 30-60 minutes. You should try to do at least 100 per day to keep the tone and strength in the muscle.
- b. Start bending your knee the day after surgery and increase the bending until full motion has returned (you will need to remove the brace to bend your knee; this should be done without any weight on the leg).
- c. The need for physical therapy will be discussed at your follow-up.

8. **COMFORT:** Pain and swelling after surgery is to be expected. While swelling is a normal response to the surgery, it can contribute to your pain. Using ice regularly and elevation (foot, ankle and knee above the level of the heart) is the best way to decrease your pain and swelling. It is critical that you spend the first week after surgery with your foot elevated above your heart as much as possible. If the following develop and persist after 24 hours, please call the office:

- a. Fever over 101 degrees.
- b. Swelling below the knee, in the calf, ankle or foot which does not respond to loosening of the ace wrap/bias wrap.
- c. Increasing pain in the thigh or calf.
- d. Discharge or drainage through the dressing which continues greater than 24 hours.

9. **FOLLOW-UP:** Please call the office (549-8249) the day after your operation and make an appointment for 7-10 days after your procedure. You will be checked, your dressing and splint will be removed (you may require additional bracing); x-rays will be taken if necessary, your procedure discussed and your rehabilitation will be planned.

