



Orthopaedic Associates of Zanesville
Post-Op Instructions Knee Manipulation
Dr. Brautigam

Please note that these instructions are general guidelines to be followed; however, any written or verbal instructions provided by your provider supersede the instructions below and should be followed

RESTRICTIONS

- You do not have any formal restrictions with your knee. Pain will be your guide. You can start working on gentle range of motion exercises right away.

SHOWERING

- You may shower tonight without restrictions

EXERCISES

- Exercises and physical therapy are a very important part of your recovery. You typically start your basic exercises the day of or day after surgery, depending on your comfort.
- Outpatient physical therapy generally begins the same day as the procedure and continues for 4-12 weeks based on your recovery. Your physical therapy appointment should already be scheduled for you.

MEDICATIONS

- You may be prescribed a one-time pain medication prescription. Please take these how they are prescribed on the actual prescription.

Percocet (oxycodone/acetaminophen): A strong narcotics pain reliever. Do not exceed 10 tablets in a 24 hour period.

OR

Over the counter Tylenol 500-1000mg every 6 hours as needed for pain and may alternating with ibuprofen 600- 800mg every 6 hours as needed for pain.

- Keep in mind that all narcotics will cause drowsiness and should not be used with alcohol or if driving. Taking this medication on an empty stomach can result in an upset stomach. It is common to feel the most discomfort when lying down to sleep at night, so you may find it beneficial to take the medication at bedtime. If unusual side effects occur, please discontinue the medication and contact our office. When additional refills are needed, please call our office during business hours.

FOLLOW-UP CARE/QUESTIONS

- If you do not already have a post-operative appointment scheduled, please contact our office at 740-454-3273 to schedule.
- Typically, the first post-operative appointment following surgery is 10-14 days following surgery. If you have any further questions please contact us during office hours.