

Post Op Total Knee discharge instructions

Weight bearing as tolerated with walker/crutches

Elevation operative leg above heart minimum 4-6 hours/day

Home exercises as prescribed 3-4 times daily

Ok to shower, leave dressing on until follow up with Dr. Hazelwood

Start outpatient therapy within one week of surgery

Wear compression hose to both legs x 2 weeks, ok to remove for shower and to wash them