

**Precautions After Your Total Knee Surgery:**

- Do not pivot, twist or kneel on your operative knee.
- Do not apply heat to your operative knee. This includes heating pads or hot water bottles.
- Do not use any ointments or creams around or on your incision.
- Do not scoop up your operative leg with either your good leg or a sheet when getting in and out of bed.

**Elevation:**

To minimize the swelling in your leg, you need to elevate your operative leg above the level of your heart. This should be done at least three times per day for 30 minutes each time.

Place your leg on the top of several pillows while you lie on your back.

**Please Note:** Sitting up in a recliner chair is **not** the correct position for elevation. Your leg is still lower than your heart!

**Correct Elevation:** Your knee and ankle are above your heart.



**Do not** put a pillow under your operative knee for comfort. This will result in the muscle shortening behind your knee and will make it harder to straighten your knee. You may place a pillow or bolster under your operative knee for the “Short Arc Quad” Exercise only.

