

POST OPERATIVE INSTRUCTIONS HIP AND KNEE DONOR

*If any of these symptoms seem excessive, contact the office.
Office Phone Answered 24 hours daily*

1. Keep donor site dry (hip or knee).
2. Check toes for blood flow.
3. You may remove wrap dressing tomorrow. Leave clear film dressing on.
4. Keep extremity elevated as much as possible (between walks) for several days.
5. When taking a shower, if water gets under clear dressing, remove it (but leave steri-strips on), dry the area, and call the office.
6. Avoid strenuous activity for 48 hours, but don't be inactive – walk and do light exercises.
7. Avoid pounding exercise and rough sports for three months. Avoid twisting maneuvers.
8. Seven days after the surgery, Remove the clear plastic dressing you can get the wound wet. After getting it wet make sure the steri-strips dry out, gently use a blow dryer if needed. If steri-strips curl up, cut curled edges off.
9. Do not soak the wound (as in a bath, lake or pool) for 14 days.
10. Do not go in lake or stream for at least 14 days.

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Revised: 7/22/2015

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