



Dr. Aryn Rajani

M.S Orth (Gold Medallist)
Consultant Knee, Shoulder & Hip Surgeon
Specialist in Arthroscopy, Sports Injury
& Robotic Joint Replacement

Name: _____

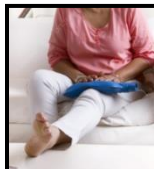
Date: _____

DO's and DON'Ts after UKR/TKR surgery

- Exercise reduces pain.
- Apply ice to knee front and sides of the knee 5 to 6 times a day.
- Apply hot packs to thigh, calf, and fleshy parts 4 to 5 times a day.
- Change dressing only if oozing; sutures will be out at 15 days.
- Shower or sponge bath is permitted, but avoid wetting the dressing and wound area.
- Cover the dressing with a cling drape if showering.
- Ensure sitting surfaces are at least 21 inches high.
- Mobilize knees if in pain.
- Take medications as per timings prescribed.
- Walk supervised 3-4 times daily.
- Use walker without wheels at night for 10 days post-surgery.
- Avoid using a pillow under the knees.
- Avoid prolonged sitting or standing; keep moving.
- Morning stiffness subsides with movement; dangle legs on bed edge.
- Well-lit room; no mats to prevent falls.
- Expect bruising around operated site; ice helps.
- Contact us for bleeding or oozing from dressing.



**WALKING WITH
WALKER FEMALE**



**HOT WATER BAG
FOR THIGHS**



**ICE PACKS
FOR KNEE**



BED HEIGHT



CUMMOD HEIGHT



21 INCH HEIGHT

For any other queries, please do not hesitate to contact the OAKS Clinic Team:

Dr. Vishal Kulkarni (Consultant Orthopaedic Surgeon): 9820009337,

Dr. Meenakshi Punamiya (Chief Rehab Specialist), 9619153529,

Feel free to leave a message if we're unavailable, and we'll respond promptly



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Surgery Coordinator: +91 98202 09137



For Appointments

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