



**INSOMNIA CHOICES:**

Benadryl 25 mg one or two tablets as needed at bedtime for insomnia

Ambien 5 mg one or two tablets as needed at bedtime for insomnia

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**OTHER:**

Continue home medications

Stop home medications: \_\_\_\_\_

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**DRESSINGS & ICING:**

Gauze dressing over knee incision held in place by TED stocking, no tape, may change as needed, discontinue gauze after 7 days

Taped dressing over knee incision, may change as needed, discontinue gauze 5 days after staples are removed

Continue TED stocking on surgical leg for \_\_\_\_\_ days

Continue TED stocking on non-surgical leg for \_\_\_\_\_ days

Continue the cold pack unit provided by the hospital, using it for 30-60 minutes at least 4-6 times a day

Cold pack the knee with a blue gel cold pack at refrigerator temperature for 20 minutes at least 4-6 times per day

**SHOWERS:**

You may shower with the leg/incision covered with plastic on post-op day \_\_\_\_\_

You may shower and get the incision wet, if there is no wound drainage, on day \_\_\_\_\_

You may shower and get the incision wet, \_\_\_\_\_ days after staples are removed