

# Bruising

Bruising around your knee may last for several weeks following surgery. Bruising is typically a purplish discoloration that indicates blood in the area. It can also cause additional tenderness. You can reduce inflammation and bruising by elevating your leg on a pillow in bed (keep your toes above your nose), or by icing the joint and adding heat to the muscles. If you have further questions regarding the bruising that you are experiencing, please contact our office.

# Swelling

Swelling is a normal part of the healing process. The swelling will gradually reduce but can last for three to six months after surgery.

Treatments to reduce swelling include:

- Ambulate (walk) one time per waking hour
- Elevate your lower extremity (keep your toes above your nose)
- Avoid dependent positions (sitting) for prolonged periods of time
- Ice packs – in general ice may be applied to the affected area 3-4 times per day for about 20 minutes at a time. Please be sure there is a layer between the ice and the body part to decrease the risk of skin breakdown or ice burns.
- Pump your feet up and down 20 times each hour while awake and perform physical therapy exercises.