**Bathing/Personal Care**

- Keep your dressing clean and dry.
- Shower or sponge bath until your sutures/staples are removed.
- Bath or shower as usual 48 hours after the sutures are removed.

**Activity**

- Use your walker or crutches as instructed.
- Continue your exercises your physiotherapist showed you. Doing your exercise program is important to your recovery.
- Plan your activities carefully. Include rest periods. Do not overdo any activity.
- Do not lift or pull anything over 4 kg (10 lbs) for 6 weeks.
- When riding as a passenger in a vehicle—stop frequently and walk around for several minutes to increase circulation to your legs.
- Do not drive until your care provider lets you know it is safe to drive.
- Check with your care provider when you can return to work.

**Nutrition**

- Drink 6 to 8 glasses of fluid (1 glass = 8 oz or 250 mL) per day.
- Resume your usual diet
- Eat plenty of fresh fruit, vegetables and whole wheat to prevent constipation

**Medications**

- Take your pain medication and a blood thinning medication as directed
- Resume taking any medication you were taking prior to surgery unless you are told otherwise

**Treatment**

- Apply cold therapy/ice pack wrapped in a towel for 10 to 15 minutes 3 to 4 times a day to reduce swelling and discomfort.