



**TENEX**

HEALTH CARE

Member of the Covidien Group

## PATIENT INSTRUCTIONS

**Disclaimer: All care and recovery instructions are recommendations only.  
Individual results may vary. Always consult your physician.**

1. Patient may drive.
2. Keep bandages and procedure area clean and dry for 3 days.
3. May apply ice for 20 minutes as needed for discomfort.
4. May take over the counter pain medication as directed by your doctor.
5. Avoid submerging area in water (*i.e. Swimming/Bathing*) for (5) days.
6. Contact or return to Dr.'s office as directed.

### **Immediately Contact Office:**

- **If area becomes Red or hot to touch.**
- **For increased pain or swelling.**
- **For drainage from site.**

**Contact:** \_\_\_\_\_

## SPECIFIC PATIENT INSTRUCTIONS

### **Elbow**

- Rest arm and hand today.
- Wear compressive sleeve for (3) to (5) days.
- May resume nonrepetitive sedentary use of arm/hand in (3) days.
- Light daily activity for (3) weeks, then progress as tolerated.
- May begin stretching and eccentric exercise at (3) weeks.
- NO lifting objects with arm/hand greater than (5) pounds for (6) weeks.
- May gradually resume normal use of arm/hand at (6) weeks as tolerated and subject to physician approval.

### **Knee**

- Rest leg and foot today.
- Use crutches or knee immobilizer if available for (5) to (7) days.
- Start daily general non-weight bearing range of motion exercises on 3rd day.
- Light daily activity for (3) weeks, then progress as tolerated.
- Typically, may begin sports-specific rehabilitation from (6) to (12) weeks.
- Activity after (3) months to be determined by physician.

### **Achilles**

- Rest foot and ankle today.
- Wear walking boot if available and as desired for up to (2) weeks.
- Start daily general non-weight bearing range of motion exercises on 3rd day.
- May begin stretching exercises as tolerated at (3) weeks.
- If asymptomatic after (6) weeks, may resume activity as tolerated, subject to physician approval.

### **Plantar Fascia**

- Rest foot and ankle today.
- Wear walking boot if available and as desired for up to (2) weeks.
- Begin stretching exercises on the 3rd day.
- If asymptomatic after (6) weeks, may resume activity as tolerated, subject to physician approval.