

### **Getting around after surgery:**

Ambulatory aid options such as crutches, walker, wheelchair, knee scooter/walker or the hands-free crutch (iWalk 2.0) may be helpful to you after surgery. It is also important to obtain the equipment prior to surgery and make sure you know how to use the equipment. **Insurance may or may not cover these items for after surgery.**

Ask your physician about a disabled parking permit prior to surgery. Signed paperwork can be taken to any Department or Licensing to be processed, or mailed to PO Box 9043, Olympia, WA 98507.

### **Showering after surgery:**

A shower chair/bench and a basic walker without wheels can help you shower safely for a walk in shower. A cast cover may be needed to keep your bandages and incision dry.

Toilet hand bars are also recommended by other patients.

### **Bandage changes:**

If your bandages get wet, fall apart, or you have bloody drainage please call: 360-786-8990 EXT. 7911 or EXT. 3866 to schedule a bandage change.

### **Physical Therapy:**

Physical therapy will help you with swelling control, gait training, strengthening exercises, occasional foot massage therapy, correct use of ambulatory aids, and so much more.

### **Post-operative Pain Management:**

Post-op pain medication will be sent electronically via Sure Scripts to your preferred pharmacy approximately 3 days prior to your surgery date. You may fill your prescriptions prior to surgery. However you may not begin taking any of these medications until after surgery.

Olympia Orthopedics will not re-fill post op medication until sufficient time has passed after surgery to warrant a refill. **Refills of prescriptions can take our clinic 24-48 hours to process due to provider availability.** Please anticipate and allow plenty of time for us to refill your medication before you run out. If you have any questions, please contact Dr. DuMontier's medical assistant at 360-786-8990 ext. 3866.

### **Icing and Elevating:**

Icing and elevating above heart level will be helpful in the recovery process, even beyond the first 48 hours. Be prepared with ice packs, and remember to elevate above heart level. This is best if you flat on your back and prop your leg up. It is difficult to ice if you have a splint or a cast on. Patients with a splint or cast may try applying ice behind their knee.

We also have the DonJoy IceMan cold therapy unit available for \$150. This includes the unit and a sleeve. This is a cash pay item.

## **Thurston County Medical Bank:**

This is a great resource if you are unable to afford any products your insurance does not cover. The equipment is free, but they ask you to treat it respectfully, clean and return it when you are done with it. You may also donate medical equipment that you have purchased but no longer need to the medical bank. They have two locations:

### **Woodlawn Funeral Home**

5930 Mullen RD SE, Lacey, WA 98503

Phone: 360-491-3000

Hours: Mon, Wed, Sat. 10-11 AM Located in basement entrance behind the building

### **The American Legion Post #164**

16733 103<sup>rd</sup> Ave S, Yelm, WA 98597

Phone: 360-458-3230

Hours: Saturday 10-11am  
Closed all Major Holiday

## **Durable Medical Equipment suppliers:**

### **Bellevue Healthcare:**

4500 Pacific Ave SE,  
Lacey, WA 98503  
360-438-2955

### **Geneva Woods:**

6149 Martin Way E  
Lacey, WA 98516  
360-456-5475

### **Apria Healthcare:**

405 Black Hills Ln SW Suite A  
Olympia, WA 98502  
360-352-1753

### **Martin's South Gate Drug:**

5201 Capitol Blvd SE  
Olympia, WA 98501  
360-943-4043

### **Olympia Respiratory Services:**

1404 Harrison Ave NW  
Olympia, WA 98502  
360-236-0311

### **Knee Walker Central:**

Kneewalkercentral.com  
1-800-893-1264  
(They deliver to you)  
When using Knee walker central- Let them know Dr.DuMontier's office recommended them, they usually offer a discount for our patients.

## **Other Suggestions From Our Patients:**

- Wear a skirt or wide bottom pants/ shorts home from surgery.
- Remove loose carpets and rugs from your home to avoid falls.
- Take advantage of formal physical therapy options.
- Ask friends/family if they have a knee scooter/walker prior to renting or buying one - social media is a good source for this.
- After surgery if you are ambulating in a tall walking boot, an EvenUp heel lift may be beneficial for shoe wear on the opposite side.
- If you have stairs, go up your stairs on your knees with knee pads and go down the stairs on your rump.
- Have a 24-hour assistant for the first few days.