

# Post-Surgical Protocol

Protocol	LVB	VLNT*
Pre Surgical Intervention		
CDT for all surgical candidates		
Post Surgical Intervention		
<b>Compression</b>	Immediate	Light for first ~3 weeks
<b>MLD</b>	Immediate (pump included)	'hands off' for ~3 weeks
<b>Functional Limitations</b>	No strenuous exercise for ~4 weeks, normal movement encouraged	<b>UE:</b> elevate for ~4 weeks, no strenuous exercise/WB activity <b>LE:</b> elevate for ~ 4 weeks, NWB for 1-2 days, TTWB ~2 days, FWB after ~5 days. No strenuous activity for ~4 weeks.
<b>Length of Stay</b>	OP	3-5 Days
<b>OT POC</b>	1x/week for ~6 weeks	1-2x/week ~8 weeks

\*Note: VLNT protocol supersedes LVB in simultaneous procedures