I hope all is going well, you are getting a better night's sleep and the pain is improving.

By now you should be feeling a bit more active and be able to get up for most of the day.

Rest is still important though and it's helpful to elevate the legs to keep the swelling down.

You can start weaning off some of the stronger pain killers. But keep them handy at night as pain is always worse at night and you may need some occasionally.

Your waterproof dressing can now come off. Just let the steristrips (paper tape) underneath come off on their own accord.

Keep up with your exercises and you can start on the Exercycle if you have access to one.

The bruising may well be visible and is normal - it can be quite pronounced and go down the leg to the ankle in some cases.

Keep your fluids up. Multivitamins (a general type) can also be helpful.