# TOTAL KNEE REPLACEMENT DISCHARGE INFORMATION

## Read ENTIRE instructions carefully:

You have undergone a JIFFY KNEE Total Knee Replacement. The following list is to provide you with some expectations over the next week upon your discharge.

1. Please continue your Aspirin every 12 hours (twice daily) or any other blood thinner starting 24 hours after surgery as directed until Dr. PETERSON instructs you to discontinue it. If you are not sure which blood thinner to take, please contact Dr. PETERSON's office next business day for clarification.

2. Please be sure to continue your compression stockings until instructed to discontinue them. You may take the stockings off on the nonoperative leg 48 hours after surgery.

3. Over the course of the next week, you should continue knee high stockings on the operative leg, DO NOT GET THE INCISION WET until instructed to do so. Please make sure the stockings on the operative leg are pulled up all the way to prevent any creases which may result in abrasions or creases in the skin. If the stockings are creating creases resulting in abrasions or blistering on the operative leg, please remove the stockings.

4. You will be provided an inflatable pneumatic compression device for your lower legs. Please wear those overnight while resting.

5. You may notice some bruising on your thigh, and it may extend all the way to the ankle. That is perfectly normal early on.

6. You may experience a clicking noise in your knee, this is to be expected because of the artificial knee in place.

7. It is important to remember if you have any surgical procedures including dental procedures & cleanings which may result in bleeding, that an antibiotic is taken 1 hour before the procedure. Please let the provider performing the procedure know that you have an artificial joint. If an antibiotic is not prescribed at that time, please call our office so that we may send one in. Give our office at least 5 business days to get you the appropriate antibiotics if needed. <u>This rule applies indefinitely</u> for any procedures you will have moving forward. Please do not resume any routine dental cleanings until you are at least 6 weeks out from your total knee surgery.

8. During the course of your recovery over the next week, should you experience fevers of 101.5 F, a white drainage from the incision, extreme redness around the incision, extreme heat or the incision begins to have a pungent smell, please call our office to let our staff know immediately or have the on call answering service page the on-call provider if it is after hours. These are signs of infection, and it should be addressed immediately. It is expected for the surgical knee to have some warmth to the touch.

9. If you need a refill on pain medication, please allow at least 2 business days' notice for any refills. Immediate refill request may not be possible. Medication refill requests will not be addressed during non-business hours. Please do not page the on-call provider for pain medication refills after hours.

10. It is important for you to begin your Outpatient Physical Therapy within a couple of days of your surgery, this initial therapy appointment should have already been provided to you. If your physical therapy has not been set up, please call our office the next business day for assistance.

11. If your bandage feels too tight in the first 48 hours, you may roll the white compression stocking down, loosen the brown ACE bandage, then pull the white compression stocking back up. After 48 hours you may remove the cotton like material under the ace bandage keeping your incision covered by the current gauze pads in place then re-wrap the area with the ace bandage. Continue with the gauze pads and ace bandage over incision until instructed to discontinue them. If there are further concerns or questions about the bandage, please call the office for instruction.

12. If Applicable - Start the antibiotics as soon as you go home, please make sure to finish the prescription out.

13. You should perform your daily home exercises at least 4 times a day 30 minutes each time. You may begin your home exercises as soon as you get home.

14. Do not place anything under your knee while sleeping at night. Elevate your heel so your knee is straight while sleeping. Back sleeping is the best position to assist in keeping the knee straight.

15. Perform deep breathing exercises 10 times every hour while awake.

16. Please do not drive until instructed to do so.

17. If you had a nerve block and you are not having pain the day of the surgery, at nighttime it is recommended to take 1 tablet of your pain medication before going to sleep to help prevent excruciating pain when the nerve block wears off. You may also alternate your pain medication with acetaminophen (Tylenol) if needed for additional pain control. Do not exceed 4000 mg of acetaminophen (Tylenol) per 24-hour period between your pain medication and additional regular Tylenol. Ibuprofen or other non-steroidal anti-inflammatory (NSAID)

medications are not recommended while on a blood thinner as it can increase your risk of bleeding.

18. You will be given ice pack wraps to use that will help prevent swelling. Do not apply heat to the incision area. Please ice the knee a minimum of 3x a day for 20 minutes at a time while elevating your leg above the heart to help with the swelling.

19. Perform foot pumps on both feet at least 10 times every 15 minutes while awake. This helps prevent swelling in the leg and can help prevent blood clots in the leg. On the operative leg if you have significant swelling, you can also lay down flat and put 3 pillows under the heel, so the heel is above the heart level and then perform foot pumps.

20. If you develop sudden onset of shortness of breath or severe calf pain, please go to the closest emergency room. These could be signs of a blood clot.

21. Your pain medication may be a Narcotic and may cause constipation. You may take any over the counter stool softener or laxative while taking pain medicine. These medicines include but are not limited to: Docusate sodium, Colace, Senokot, Dulcolax, or MiraLAX.

22. You will get surveys either via text message or email from Care Sense after your surgery on a periodic basis. Please participate in the surveys as it helps to track your progress.

ICE THERAPY WRAP:

- Keep ice therapy wrap on when resting.
- DO NOT wear when moving or walking unless instructed to do so.
- Ice packs are reusable.
- Ice Therapy wrap holds two ice packs at a time.

**Things to watch for:**

Increased swelling of the surgical site

Spreading of redness around the incision site

Drainage of pus from the incision site

Developing a fever of 101.5 °F or higher

If any of these symptoms occur or you have any questions, please contact our **CONCIERGE ACCESS LINE at 615-603-5166** If you need to talk to Dr. Peterson or his staff after hours, please call the **CONCIERGE ACCESS LINE** and have the on-call service page the provider on call that day. Please note pain medications are not refilled after hours or on weekends. If Dr. Peterson or his staff do not call you back within 30 minutes. Please tell the operator to try again.