



## TOTAL KNEE REPLACEMENT POST-OPERATIVE INSTRUCTIONS



### **What to expect after surgery:**

- Swelling and stiffness are to be expected
- Pain is to be expected. Take your medication as directed
- Weakness from surgery. Your body is using energy to try and heal after surgery

### **Activity Restrictions:**

- DO NOT put a pillow under your surgical knee. Rather place the pillow under your ankle to help with knee extension
- Avoid sitting in overly soft chairs (they will be harder to get up from)
- Use your CPM if one was provided – the more you can use this the better your early ROM
- Use your cold therapy as often as you can

### **Sitting:**

- Get up and move around every hour. You do not want to develop a blood clot
- Try to work on bending and straightening your knee while sitting in a chair

### **Driving:**

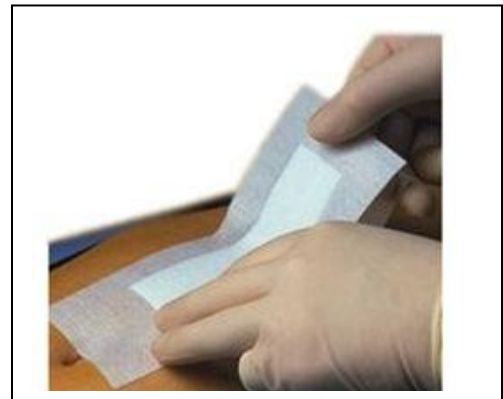
- No driving until you have been released by your physician.
- DO NOT drive while taking any kind of pain medication or muscle relaxers
- You may be a passenger in a car

### **Walking:**

- Walking will be your best exercise!
- Be cautious of rugs, steps, gravel, and uneven surfaces
- You will progress from a walker to a cane, and then to no walking assistance depending on your progress

### **Incision Care:**

- There will be a dressing placed over your knee after surgery. This will remain in place for 2-3 days post op at which time you will remove it and then shower and place a “Primapore” Dressing provided over the incision.
- NO soaking the incision in water until instructed by your physician
- DO NOT allow pets near or around your incision until completely healed
- No lotions, oils, or peroxide on the incision until instructed.
- Wear loose fitting clothes to avoid irritation



### **NO smoking:**

- DO NOT smoke as it does delay the healing process and drastically increased your risk of infection

### **WORK:**

- Your physician will determine this for you and instruct you when you may return

## **MEDICATION:**

- You may resume your regular medications unless otherwise advised by hospital or physician
- You will be provided with the appropriate pain medication after surgery. Please take this as directed as you are limited to refills.
- You will be prescribed a blood thinner – this is to help minimize the risk of blood clots. This is a mandatory medication so do not disregard this. Typical blood thinners are Aspirin, Coumadin, Lovenox, etc.
- Do not take pain medicine on empty stomach
- Do not drink while taking pain medication
- Once your pain starts to decrease you may switch to just Tylenol then no medication at all

## **Follow-up Appointment:**

- The hospital should make your follow up appointment for you. If they do not do this for you then you may call our office at 931-815-2663 for your appointment.
- We will usually see you approximately 2 weeks after surgery

## **Call our office at any time if you have problems such as:**

- A fever that persist over 6 hours
- Side effects from your pain medication such as: vomiting, rash, chills, fever, or burning in your stomach
- Increased swelling or redness of the incision
- Drainage or separation of your incision

## **Go to the nearest emergency room if:**

- You become short of breath
- Have chest pain
- Cough up blood