

## POSTOPERATIVE INSTRUCTIONS: TOTAL KNEE REPLACEMENT

### FROM HOSPITAL TO HOME

- ❖ You must be accompanied by an adult who can drive you home after discharge.

### SURGICAL DRESSING

- ❖ Your bandage can remain on until your first postoperative visit unless otherwise specified by Dr. Kim.
- ❖ Then bandage is waterproof but do not soak for prolonged time
- ❖ If your dressing becomes loose or starts to fall off, please remove and apply a simple dry dressing of gauze and ace bandage
- ❖ If there is a significant amount of fluid under the dressing and it seeps out, please call the office. You can remove the dressing and apply a simple dressing
- ❖ No baths or hot tubs until Dr. Kim allows
- ❖ You will be given compression stockings before you leave the hospital. Please wear this to help decrease swelling during the day. You can remove them at night. I encourage you to wear them 2-4 weeks after surgery.

### MEDICATIONS

- ❖ A narcotic pain medication (such as Percocet) will be prescribed to take as needed- please read and follow the instructions on the bottle.
- ❖ Nausea and/or vomiting is a side effect of narcotic medication- if this should happen, consider changing to liquid diet and decreasing activity level.
- ❖ Constipation is another side effect of narcotic medication- you will also have a prescription for a stool softener.
- ❖ While taking narcotic pain medication you cannot drink alcohol or drive.
- ❖ Try to wean off the narcotic pain medication as soon as your pain allows. You can transition to over-the-counter Tylenol (acetaminophen) as needed.
- ❖ You will be prescribed a blood thinner to be taken for 4 weeks (such as aspirin, lovenox, or Xarelto)

### ACTIVITY

- ❖ You can put full weight across your operative knee. Home exercises and walking are encouraged. Please do the exercises that were taught to you by the physical therapists at the hospital.
- ❖ Elevate the leg to reduce pain and swelling.
- ❖ Do not place a pillow under the knee, instead place under your ankle to maintain a straight knee while resting.
- ❖ Make sure you bend your knee and move your toes to keep your blood pumping in your leg. This will help to prevent blood clots.

### APPOINTMENTS

- ❖ You will see Dr. Kim 1-2 weeks after surgery, if you do not know your appointment date, call 520.382.8200 to verify.