

POSTOPERATIVE INSTRUCTIONS: TOTAL KNEE REPLACEMENT

MEDICATION

- ❖ Pain medication: You will be sent home with Tylenol, Celebrex (take for 3 weeks), and Oxycontin IR to take as needed
- ❖ Blood clot prevention: Aspirin 325mg daily for 4 weeks
- ❖ Resume all other home medications unless specifically instructed not to by your surgeon

SURGICAL DRESSING

- ❖ You may remove your dressing and take a shower 3 days after surgery. Let water run over the incision site and do not put any soap, lotion, creams, or ointments on the wound. Pat the wound dry after the shower and re-wrap the knee with the ace bandage.

ACTIVITY

- ❖ You are allowed to be weight-bearing as tolerated
- ❖ Apply ice to your knee intermittently. You should feel a pleasant cool sensation, not a burning sensation by the ice. Take the pain medication as instructed. A painless knee will rehabilitate better and faster than a painful knee.
- ❖ You cannot drive a car for the first six weeks after surgery. Typically, we will discuss return to driving at the six-week appointment. It is important to note that you must call your insurance company to inform them that you will return to driving after your knee replacement. **YOU SHOULD NOT DRIVE** if you are under the effect of any narcotic pain medication prescribed after surgery. (Percocet, Vicodin, hydrocodone, oxycodone, etc.)
- ❖ Do not place towels or pillows under your knee. A knee slightly bent will be more comfortable, however, it will make your knee to heal slightly bent, which is detrimental to the end result of your operation. While in bed, keep your knee straight. A rolled towel under your calf should help in keeping your leg straight. Your foot should be pointing to the ceiling.
- ❖ Please take with you the elastic stockings (TED hose) that were provided in the hospital. They should be worn at all times with the exception of bathing. You may stop using these 14 days after surgery. Use large, comfortable shoes that can easily be put on and removed, without having to reach your foot. You will also need assistance to cut your toenails.
- ❖ Follow the instructions given to you by the physical therapist at the hospital regarding the use of a cane, crutches or walker.

- ❖ Do the exercises instructed by your physical therapist to achieve the best possible result. The most important ones are depicted below. During the first weeks after surgery you will gain most of the mobility of your knee. You must exercise consistently.

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- ❖ Discomfort or mild to moderate knee pain while exercising during these first weeks is normal. If the pain is severe, discontinue exercises and ice your knee. Take pain medication one hour before exercising and ice your knee afterwards. The exercise that involves flexion and extension of your ankles and feet should be done as much as possible, as it will prevent the formation of clots in your veins.

APPOINTMENTS

- ❖ You will see Dr. Kim 2 weeks after surgery, if you do not know your appointment date, call 520-382-8200 to verify
- ❖ Your physical therapy appointment should begin within 1 week after surgery as an outpatient