



POSTOPERATIVE INSTRUCTIONS TOTAL KNEE REPLACEMENT

❖ MOVEMENT

- You can put your full weight down on your operative leg immediately after surgery and use a walker or cane for assistance initially. The only limitation you have is pain. If you move your knee in a certain position and it hurts, ease up until you find a position that is comfortable for you.

❖ ICE

- An ice machine will be provided to you prior to your surgery. This will help decrease swelling and pain after your surgery. Use the ice machine as much as possible when you get home at intervals of 30 minutes on and off. The more you do it, the better you will feel. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping.

❖ ACTIVITY

- It is great for you and your new knee to go for a walk 2-3 times a day. However, don't overdo it! Increase your activity level by small increments daily. You should end every day feeling like you could have done more and not like you did too much. If the next day you walk for longer and have pain, then you are doing too much. Every day you should feel a little better and experience a little less pain. When you have pain, be sure to ice your knee and rest.
- Arrangements will be made by our office to have a physical therapist come to your house 2 times a week for the first two weeks after surgery. If you go to a rehab center, a therapist there will work with you. Once you come into the office for your post-op visit, we will give you a prescription for outpatient physical therapy. This will be twice a week and for approximately 6-12 weeks.

❖ MEDICATIONS

- While you are at the hospital your pain will be managed with IV and oral medications. When you go home, you will be given a prescription for **pain medication** (e.g. Percocet). This will prevent you from having severe pain. If you are not in pain, you do not need to take any.
- Once you are home, you can take 600 mg of Ibuprofen (Advil/Motrin) every 6 hours to help with inflammation and pain. This medication will help cut down the use of narcotic-based pain medication. However, if you still have pain after taking the Ibuprofen, continue taking the pain medication every 4-6 hours as needed.
- A **sleeping medication** (e.g. Ambien) is also provided to help you sleep at night. Take one tablet 30 minutes before you plan to sleep.
- A **blood thinning medication** will also be ordered for you. You will be giving yourself a small injection twice a day for 10 days after you are home. This medication will be supplied to you by IV Medical Services. They will contact you in advance to coordinate the delivery of these medications.

❖ DRESSING/BANDAGES

- Your knee dressing is waterproof. You may shower the next day after surgery, but do not take a bath or submerge your knee in water until your incisions are checked at your first post-op visit.
- Your stitches are buried under the skin and will dissolve away over time.
- You will be given compression stockings at the hospital. You should wear them during the day and remove them at night. This will help decrease the swelling. It is a good idea to wear them on both legs even if you only had one knee replaced.
- You may have bruising around your knee that can track down your leg. If you notice that there is bruising on your knee, calf, ankle, or foot (and you don't have pain in these places), then don't worry, this is normal.

❖ DRIVING

- You may drive 1 to 2 weeks after surgery if you are not taking pain medication. If your right leg is the operative side, then you must have good control of your leg prior to driving.

❖ APPOINTMENT

- Please call the office prior to, or immediately following, your surgery in order to schedule a postoperative appointment. This should be scheduled 10-14 days after surgery.

If you have any questions or concerns, please contact our office at (310) 860-3048.