

Post Op Instructions: Total Knee Replacement

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Orthopedic Surgeon | Sports Medicine

ARTHROSCOPIC SURGERY | JOINT RECONSTRUCTION



Name: _____

Date of Surgery: _____

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 offered to you prior to your surgery through a DME company. 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. If you choose not to use an ice machine, cold/gel packs can also be used at prescribed intervals above.

ACTIVITY

- It is great for you and your new knee to go for a walk 3-4 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.
- 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 first 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

- When you go home, you will be given a prescription for **pain medication (e.g. Percocet, Norco)**. You should take this medication every 4-6 hours as needed for pain for the first 24-72 hours. 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 should take **600 mg of Ibuprofen (Advil/Motrin) three times per day with meals** 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 **blood thinning medication (Ecotrin/Aspirin 81mg)** will also be given to you. You will take this twice a day starting the day after your surgery. Continue to take this medication until your post op appointment in the office.
- A **nausea medication (Zofran)** will be given to you as well). You can take this medication every 4-6 hours as needed for nausea that may occur as a result of anesthesia and/or pain medication use.

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 may have bruising around your knee that can track down your leg. If you notice that there is bruising on your thigh, 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 approximately 2-3 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

- You will receive a call from the office within a few days of your surgery to confirm your postoperative appointment. This will be 10-14 days after surgery at your surgeon's office.