



Total Knee Replacement Postoperative Instructions

Thank you for choosing Orthopaedic Medical Group for your Total Joint Replacement Surgery
Please follow the instructions to ensure a successful recovery:

Next Appointment:

Pain Medications:

Please begin alternating the medications as shown in the example below. Please note that pain medications should only be taken if you are having severe pain.

Use of ice or an ice machine can also help with pain control. Use ice 30 minutes on the area, and 30 minutes off while awake for best results

8:00 AM- Oxycodone 5mg AND Celebrex 200mg
12:00 PM- Tylenol 1,000mg
4:00 PM- Oxycodone 5mg
8:00 PM- Tylenol 1,000mg

When you run out of narcotic pain medications, please attempt alternating Ibuprofen/Tylenol first before calling in for refills.

Wound Care:

You may remove the outer dressings including ace bandage, cotton padding, and gauze padding, 24 hours after surgery. You may shower normally at this time. DO NOT remove the clear tape. NOT apply any lotions/creams or attempt to clean the incision with alcohol/peroxide.

Post Operative Activities, Exercises, and Physical Therapy:

You may begin weightbearing as tolerated immediately after surgery. Please begin your home exercise program attached, 2-3 times daily. Make sure you have scheduled an appointment with outpatient physical therapy in the previously discussed timeframe.

DVT Prevention:

Begin over-the-counter Aspirin 81mg, twice daily for 6 weeks unless otherwise noted. Perform ankle pump's hourly. Wear compression stockings provided during the day for two weeks.

**For Postoperative Questions Call
813-684-2663**



Antibiotics Post Operatively

You do not need antibiotics immediately after surgery as they were given during surgery.

AFTER surgery we ask you do not participate in any elective dental or surgical work for three months to decrease risk of post-surgical infection. Following this period you can proceed with dental/surgical work however you will need to take antibiotics prior to the below procedures:

- Dental work/tooth cleanings
- Skin biopsy
- Podiatric procedures involving cutting the skin
- Cystoscopy/Colonoscopy/Endoscopy
- Dermatologic procedures involving cutting the skin
- Invasive gynecological procedures

Please call prior to these procedures to have your medication sent to your pharmacy

When to Call Your Surgeon:

- 1) If you have a persistent fever over 101°F
- 2) Increasing pain at the surgical site not relieved by medications
- 3) Increased calf pain
- 4) Hives, rashes, or skin changes
- 5) Shortness of breath or chest pain
- 6) Persistent nausea/vomiting
- 7) Drainage from the incision lasting more than 5 days
- 8) If you have had a fall or new injury

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Home Exercise Program:

Ankle Pumps

Repeat
Complete

10 Times
3 Sets

Bend your foot up and down at your ankle joint

Note: Keep on doing Ankle Pumps throughout the day, as it is most important exercise for leg blood circulation, prevents blood clotting and swelling



Quad Sets with Towel Under Heel

Repeat
Hold
Complete

10 Times
5 Seconds
3 Sets

Roll up a towel and put it under your heel. you should then lay down on your back, be mindful to keep your knee slightly bent while doing this. Slowly press your knee down towards the mat until it is straight for each set and hold.



Heel Slides

Repeat
Hold
Complete

10 Times
3 Seconds
3 Sets

While lying on your back place a belt, towel, strap or bed sheet around your foot and start by pulling with your arms to bend your knee into a bent position. Then allow your knee to straighten back out to starting position and repeat.



Knee Extension

Repeat
Hold
Complete

10 Times
3 Seconds
3 Sets

While seated with your knee in a bent position and your heel touching the ground, slowly straighten your knee as you raise your foot upwards as shown. Lower your foot back down until your heel touches the ground and then repeat.





Home & Outpatient Physical Therapy

Home Physical Therapy:

Not a covered service in this area for Medicaid, Oscar, or Ambetter Insurance Plans

- Ordered by Orthopedic Medical Group
- Performs exercises within the house following surgery
- First visit is within 1-3 days of surgery, and then 2-3x per week for 2 weeks

Outpatient Physical Therapy:

Home Physical Therapy does not bring equipment into your home, and therefore cannot provide long term care. You will need to attend outpatient PT to return to daily activities/exercises. Most patients utilize physical therapy for 2-3 months after surgery.

- **Must** begin by week 2 after surgery
 - **If you do not have home care, you must begin physical therapy the day after your surgery!!!**
- **It is your responsibility to schedule this service.** Plan to schedule an appointment BEFORE surgery, as most locations have a waiting list
- Preferred location is Orthopaedic Medical Group Physical Therapy, please see the attached paper for locations:

**For Questions or Concerns Call:
813-684-2663**



How To Contact Us After Surgery:

1. Please use our Healow App to ask questions
2. Call our main line at 813-684-2663 and ask to speak with your Athletic Trainer. Please do not call your surgical coordinator postoperatively.

Healow App Instructions:

1. Search for the Healow App on the App Store or Google Play Store and download on to your device
2. Once downloaded open the app and click on **“Get Started”** at the bottom of the screen. Next, enter your: first name, last name, and date of birth
3. Enter the practice code: **CGCJBD** and answer all verification questions
 - a. *You must allow access to microphone, camera, and push notifications prior to being enrolled*
4. To send a message select the blue plus sign at the bottom of your screen and then select **“compose”** to draft your message
5. Write your message by selecting your doctor and facility. We will respond within 24 business hours.



If you are having a medical emergency, please call 911

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