
Post-Operative Instructions: Static Antibiotic Spacer

Medications

- **Pain Medications:** Your pain medication regimen is individualized and based on your allergies, medical history, and current medications. Please try to minimize your use of narcotics/opioids. Your goal should be to gradually decrease the use of pain medication over the next 2-4 weeks. **Only take these medications for severe pain!**
- **Anticoagulation Therapy:** Aids in the prevention of you acquiring a blood clot. If you experience excessive calf pain & swelling, that does not go away with elevation and rest; call our office. **Anticoagulation therapy is individualized and will consist of one of the below medications. Unless directed otherwise take Aspirin 81mg two times per day. If you were on a blood thinner before your surgery that medication will likely be re-started after your surgery as directed by Dr. Shield and his surgical team.**
 - Aspirin 81mg TWICE daily for 4 weeks
 - Eliquis 2.5mg TWICE daily
 - Xarelto 10mg daily
 - Lovenox
 - Coumadin
- **Constipation Prevention while taking narcotic medication:** Narcotic medication can cause constipation. To avoid constipation, take the prescribed stool softener (i.e. sennakot, Colace) twice daily while on pain medication. You may also need to take a laxative such as MiraLAX daily until normal bowel function returns.
- **Antibiotics:** Please do not miss any of your antibiotics, this is very important to clear the infection in your knee. Please see hospital instructions for PICC line care, antibiotic administration, and follow up with infectious disease specialist.

Caring for your Knee Replacement

- **Icing:** Ice your knee 3-4x/day for 15-20 minutes. Wrap ice pack in a thin towel or pillowcase, so ice pack is not directly on your skin. You may use anything cold: ice pack, frozen veggie bags, polar ice machine, etc.

- **Incision Site:** Your incision may be warm to touch, itchy and slightly red for several weeks after surgery. If you experience excessive redness, soreness, or drainage from the incision area please contact our office.
 - **Prineo Glue:** This is a mesh that is glued in place to hold your incision together, do not remove this mesh, it will be removed at your first post-operative visit. You may shower immediately but do not put your incision under water, to not scrub the incision. Do not scratch your incision and do not apply any creams or ointments to your incision. When your incision is closed with Prineo no dressing is needed.
 - **Staples or Suture:** If staples are used to close your incision, we will remove these at your first post-operative visit in 2 weeks.
 - **Bathing with Staples:** While staples are present, you may shower keeping the site covered with a plastic covering until staples are removed. Once staples are removed, you can shower normally; allowing water to trickle down over your steri-strips, then pat dry. Refrain from submerging in water until the incision is fully healed.
 - **Incisional Wound Vac:** Leave this dressing in place for 7 days. After 7 days the machine will no longer hold suction and the wound vac dressing (clear dressing with either a purple or black sponge) can be removed and a clean, dry gauze dressing can be used to cover the wound.

Activity

- **Weight Bearing**
 - Non weight bearing – do not put any weight on your leg. Even if you are non-weight bearing you can still use your leg for transfers (moving from bed to chair, etc.).
 - Do not bend your knee, please leave your splint or knee immobilizer in place at all times.
- **Driving:** You should not drive after having a static antibiotic spacer placed.

Follow-Up: Follow up in 2 weeks with Dr. Shield. If you do not already have an appointment, please call 813-684-2663 to schedule your post-operative appointment.

- Appointment:

Medication Refills: We need 48 hours of notice to process medication refills. We are unable to re-fill prescriptions after normal business hours or on weekends.

Common Problems

- **Difficulty Sleeping:** Most patients report more pain at night than during the day; resulting in difficulty sleeping. You may try to incorporate over the counter sleep aids such as Benadryl or melatonin per package recommendations.
- **Leg & ankle swelling:** You may have some swelling in your operated leg that should gradually decrease. If swelling occurs, lie down, rest, and apply an ice pack for 20 minutes.
- **Pain:** Pain may be a result of over-activity. **When you experience an increase in pain sit or lie down, elevate your legs, and rest.** If the pain does not subside, take the pain medication prescribed for you. Pain is a protective mechanism that helps to prevent over-usage and should not be ignored.
- **Call our office at 813-684-2663 if you experience one of the following:**
 - Temperature of 101° or higher
 - Drainage from your incision
 - Increasing redness around your incision
 - Increasing pain around the incision, unrelieved by pain medication
 - Excessive calf pain or thigh pain and swelling that does not go away with rest or elevation.