

Post-op PATIENT Instructions: TOTAL KNEE REPLACEMENT

Dressing: A dressing has been applied to your knee to absorb any fluid/blood. A small amount of blood on the dressing is expected. The nurse will change your dressing and teach you how to do so at home. Leaving the steri-strips/glue on the skin, replace the covering gauze dressing daily with new dry, sterile gauze (obtained from your pharmacy). Unless directed by your surgeon, **no salves, balms, or ointments (even antibiotic ointments) to the incisions.** Soreness and bruising is expected for several days afterward.

Showering (No bathtub): is permitted 72 hours after surgery with the incisions covered. After showering, gently dry the incision and apply a new dry dressing. **Do NOT soak/submerge the incisions. No swimming/hot-tubs/lake or saltwater until cleared by your surgeon.**

Ice: Ice is a powerful anti-inflammatory. Icepacks/wraps will help to reduce swelling and pain. Use liberally (20-30 min./session), but remember to protect the skin from direct contact (and frostbite).

Activity: Crutches/walker may be needed for the first several days after surgery. Foot and ankle motion (foot pumps) are encouraged and will help to reduce your chance of a blood clot. Additionally, tightening the thigh muscle will assist your thigh muscle in returning its function faster. However, **no driving until permission is given by your surgeon.**

Pain: A nerve block may have been performed for immediate post-op pain control by the anesthesiologist. It typically “wears off” at about 8-12 hrs. after surgery. A narcotic (taken every 3-4hrs as needed for breakthrough pain) is given for your pain control. **Begin taking these pain medications when you BEGIN experiencing pain!** These meds can take 30-45 minutes to start “working”. You do not want to play “catch-up” by letting your pain get out of control. Nausea, drowsiness, and constipation are common side effects of narcotics. Adequate fluid intake and a stool softener obtained over the counter from your local pharmacy is recommended to minimize constipation. Call the office if you are unable to tolerate your medication.

Precautions: Call the office **(813) 684-2663** if you develop: temperatures >101°F, shortness of breath, chest pain, uncontrolled pain, marked redness/hives, persistent drainage, new onset numbness, significant incisional/calf swelling, or any other concerns.

Post-operative Appt: Call (813) 684-2663 today to make a post-operative appointment to see your surgeon 10-14 days following your surgery.

Special Instructions:

(Additionally, follow any indicated instructions below.)

Weightbearing: as tolerated ASA 81mg by mouth once daily for blood clot prevention