

## TOTAL KNEE REPLACEMENT

The following is a list of instructions to help you recover from your knee surgery. These are general instructions to be used as guidelines.

### Post-operative Visit

- Make an appointment for a post-operative visit. This is usually 10-14 days after surgery.
- Your surgeon may take an X Ray of your new knee.
- Each individual situation is different. Feel free to ask questions during your office visits.
- Write down your questions before you come into the office so you don't forget anything.

### Medications

You have been given a prescription for pain medication. Please remember to:

- Take only the pain medication your doctor ordered
- Take your pain medication about 45 minutes before you exercise.
- Try to take the drugs before the pain becomes very bad
- Call your surgeon if the drugs do not reduce your pain,
- Avoid alcohol and illegal drugs while taking your pain medicine

### Blood thinners

You started on a blood thinner while you were in the hospital

- Your doctor may have called them anticoagulants.
- Blood thinners help prevent phlebitis, pulmonary embolism, and blood clots.
- Please be sure you understand the type of blood thinner you must take.
- Your doctor will give you a list of blood thinning medications you should take when you leave the hospital

### Activity

- Your activities will be limited until you have recovered from your surgery.
- Avoid activities such as tennis, running, jogging or skiing. Avoid jumping!!
- Low impact activities are best as you recover (walking, biking or swimming)
- Make sure you rest between periods of exercise. Raise your knee, ankle and leg for one hour twice a day. This will help to reduce the swelling, which may have occurred after walking.
- Use your Cryocuff if your knee swells. Apply for 20 minutes, 3 times each day. Swelling in the leg is very common after knee replacement surgery.
- Walk and perform range of motion exercises every day.

### Helpful tips

The following tips will help you adjust to your new knee when you are home:

- Use a "reacher" to pick objects off the floor.
- Remove wires or rugs from the floor so you don't trip and fall.
- Sit on a high stool when working in the kitchen.
- Put dishes, pots and pans at waist level so you can reach them easily.
- Slide objects on the counter top so you don't have to carry them.
- Limit the time you spend sitting, since this tends to make the stiffness and swelling worse.
- **DO NOT** put a pillow behind your knee when you are resting.

- **DO NOT** jump or put sudden stress on your knee.

Please call the office if you have any questions

**Call 911: if you have new onset of sudden shortness of breath, chest pain or difficulty breathing**

Call the office immediately:

- Drainage from the wound
- Increasing redness around your stitches
- Fever higher than 101 degrees.
- Increased tenderness of the thigh or calf or increasing pain.
- Swelling of the knee, calf, or ankle that does not respond to being