



## **DISCHARGE INSTRUCTIONS FOLLOWING TOTAL KNEE REPLACEMENT**

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### **ACTIVITY**

- You may weight bear according to your comfort. Full weight bearing is fine.
- Use crutches, cane or walker for comfort or balance.
- In most cases, it is safe to resume driving when you are no longer taking narcotic pain medication, and when your strength and reflexes have returned to a more normal state. We will assist you to determine when it is safe to resume driving at your first postoperative office visit.
- Wear your elastic stockings until your follow up visit.

### **INCISION**

- You may shower with incision covered. Cover the dressing with Press and Seal
- Leave the dressing applied to the incision on until you come into the office for your 1<sup>st</sup> post-operative appointment.
- NO baths or use of a hot tub until the incision is completely healed. This is usually about 3 weeks after surgery.
- DO NOT use creams, lotions or ointments on or near your incision.
- Remove steri strips from your incision after 2 weeks if they haven't already fallen off

### **CALL THE OFFICE FOR ANY OF THE FOLLOWING:**

- Temperature > 101 degrees F
- Increased redness, swelling, or drainage from or around your incision
- Pain not relieved by pain medication
- Nausea or vomiting
- Chest pain or shortness of breath
- Severe calf pain
- Questions/concerns

### **PHYSICAL THERAPY**

- You will begin ASAP after surgery. In home physical therapy will continue for the 1<sup>st</sup> 3-10 days after discharge or you may be directed to go to an outpatient physical therapy center instead.
- If you did receive therapy in your home, you will start outpatient physical therapy after the home therapy. However, many patients can do outpatient physical therapy immediately.

## **DISCHARGE MEDICATIONS**

- You will be on a blood thinner (Xarelto, Aspirin, Coumadin, Lovenox) as directed by your physician. Take this medication exactly as prescribed. This is continued for 6 weeks for most patients.
- Take the pain medication as prescribed by your surgeon, as needed.
- Resume preoperative medications as discussed with the care provider on the day of discharge.
- DO NOT take more than a total of 4 grams (4000 milligrams) of acetaminophen (Tylenol) in a 24 hour period.
- You can restart your arthritis pill if your blood thinner is aspirin; otherwise, wait until directed to resume it

## **OTHER INSTRUCTIONS**

- No dental procedures for 6 weeks (especially teeth cleaning)
- For dental procedures, or other surgeries, tests/procedures where bleeding may occur, it is recommended that you take antibiotics prior to the procedure.
- After a 6 week period of time, current AAOS recommendations are that people with immunocompromised status (difficulty fighting infections and diabetics) are the only individuals requiring antibiotic prophylaxis prior to procedures.