



Total Knee Replacement Post-operative Instructions

Diet

Advance with solid foods as tolerated

Bandages

Prior to your discharge from the hospital a water resistance dressing will be placed on your incision. You do not need to change this bandage. Do not clean your incision with peroxide, alcohol or ointments. Do not scrub or soak your incision in water.

Bathing/Showering

You may shower after your hospital discharge when your dressing has been changed. Do not fully submerge your dressing.

Activity

Upon waking up from your procedure you have a surgical dressing on your leg. Physical therapy and occupational therapy will work with you while in the hospital and you will be provided with a walker or crutches. You are able to put weight on your operative leg as tolerated. Do not put a pillow behind your knee.

While in the hospital the physical therapist will review several exercises for you to do on your own. Try to work on these exercises 3-4 times a day.

After hospital discharge you will start physical therapy immediately with VNA or outpatient services. This will be set up for you while you are admitted in the hospital following surgery.

Medications

A pain medication will be given to you to be used after surgery. Some pain medicine can cause nausea and constipation. Please take this medicine with food. You may be prescribed a medication to prevent nausea. You may need to take a stool softener or laxative to prevent constipation.

You will also receive a blood thinner to prevent blood clots after surgery. You will use this for 2 weeks, followed by 325mg Aspirin once a day for another 2 weeks. Please take this medication as directed.



Comfort measures

Apply ice to your operative knee for 20mins 4 times a day. This is an excellent way to diminish pain and swelling after surgery.

Problems

Your knee may have swelling, soreness and bruising. This is to be expected.

Please contact Coastal Orthopedics if you have any of the following:

1. Severe pain
2. A temperature above 101 degrees
3. Pain, redness or significant swelling in your knee/leg

The visiting nurse will remove your staples/sutures 2 weeks after your surgery.

Appointment

You will need to make a follow up appointment for 3 weeks after surgery.

Please call 978-927-3040 with any questions.