

## **DISCHARGE INSTRUCTIONS**

### **TOTAL KNEE REPLACEMENT**

#### **GENERAL INFORMATION:**

1. Recuperation takes 6-12 weeks; you may feel weak during this time.
2. Use ice for swelling and discomfort.
3. You may have low grade fever (below 101 degrees)
4. NO alcohol with pain medication.
5. Do not drive until OK'd with your Doctor (usually 4-6 weeks).
6. Do not smoke-it slows healing.
7. Walk with your walker, crutches or cane until your Doctor says you can stop.
8. Your new knee may cause metal detectors to go off; you will be given a card to carry in your wallet when you travel.
9. Gradually increase your activity and take frequent rest periods.

#### **TOTAL KNEE PRECAUTIONS:**

1. No twisting motions.
2. No kneeling.
3. No pillow under knee; it will keep from being able to straighten out.
4. Use chairs with firm higher seats, and with arms to assist in getting to upright position.
5. Do not bend down to pick things up, shoes on or for dressing activities; use assistive equipment. (grabber, long handled sponge, dressing sock, etc.)

#### **EXERCISES:**

1. Walk every hour.
2. Do knee exercises as instructed 3 times a day.
3. No high impact, repetitive exercises such as jumping or running.
4. CPM (if ordered by your Doctor) 3 times a day increasing flexion daily.

#### **INCISION:**

1. Your staples/sutures will be removed in 2-3 weeks from the date of surgery.
2. It is normal to have some numbness around your incision.
3. Expect soreness, swelling, and bruising, it will improve over 4-6 weeks.
4. In no drainage, you may leave the incision open to air. Place a dry dressing over your incision daily if draining.
5. Look at wound daily to observe for signs of infection.

#### **MEDICATION:**

1. You will be given a prescription for pain medication before you leave the hospital.
2. Do not take aspirin if you are on blood thinners such as Coumadin or Lovenox.\*\*
3. Take a multi-vitamin with iron daily for a month.
4. You may use non-steroid anti-inflammatory medication for pain and swelling  
\*\*if OK with your Doctor and if you are not on Coumadin or Lovenox.\*\*

#### **SHOWER:**

1. You may shower when it is OK with your Doctor.
2. Do not shower if you are weak or dizzy.
3. Have someone close by when shower, you may need assistance.

**HEMATOMA: (a collection of blood at the surgery site)**

1. A brownish red fluid may drain out of your incision (usually around 2 weeks after surgery).
2. Clean incision with hydrogen peroxide and place a dressing over your incision.

**MISCELLANEOUS:**

1. Do not take tub baths.
2. If you dislocate-call your Doctor and go to the same hospital where you were operated on.

**PREVENTION OF CONSTIPATION:**

1. Eat fruits and vegetables.
2. Drink extra water and fluids.
3. Walk every hour.
4. Use laxatives.

**PREVENTION OF BLOOD CLOTS:**

**1. Wear white elastic TED hose FIRST 2 WEEKS—BOTH LEGS AT ALL TIMES  
WEEKS 3-5—WEAR ONLY DURING THE DAY, SURGICAL LEG ONLY.  
AFTER 5 WEEKS DO NOT NEED TO WEAR THEM ANYMORE.**

2. Walk every hour.
3. Take blood thinner medication as ordered.

**SIGNS AND SYMPTOMS OF A BLOOD CLOT:**

1. A red, swollen, painful leg especially in the calf area.
2. Shortness of breath.

**SIGNS AND SYMPTOMS OF INFECTION:**

1. Redness to incision.
2. Incision hot to touch.
3. Increased pain and swelling or tightness in upper thigh.
4. Increase in drainage or pus from incision.
5. Swelling that does not respond to ice and elevation.
6. Fever above 101 degrees.

**PREVENTION OF INFECTION:**

Notify Dentists or Doctors of any of the following as you may require antibiotics:

1. Any dental procedure (including cleaning of teeth).
2. Sigmoidoscopy or vaginal examinations.
3. Any biopsy or endoscopic procedures.
4. Any infection.
5. Any surgical procedure

**CALL YOUR DOCTOR IF YOU HAVE:**

1. Signs and symptoms of infection.
2. Signs and symptoms of a blood clot.
3. Pain not relieved by pain medication.
4. Drainage from incision.
5. Any questions call our office at 669-5454 ask for the clinical department.