

Total Knee Arthroplasty Post-Operative Instructions

Day of Surgery

Activity

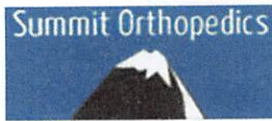
1. Do not drive, operate machinery, consume alcohol, tranquilizers, sign legal documents for 24 hours or as long as you are taking narcotic pain medication.
2. Do not plan on going to work or school today, go home and rest.
3. Apply ice or cooling pad to operative knee for 45 minutes to 1 hour, three times daily.
4. In addition to pain control, the block can cause motor weakness of the leg. The first day you may bear weight as tolerated with your crutches and knee immobilizer on.
5. Keep your knee immobilizer on when walking and when asleep. You may remove it when seated (allowing the knee bend as much as comfortable) and when receiving physical therapy.
6. Pump your ankle and wiggle your toes often to ensure adequate circulation, reduce swelling, and the risk of blood clot formation.
7. You may place a pillow underneath your heel, but ***not*** under your operative knee.

Wound Care

1. Keep the dressings dry and intact for 72 hours.
2. Open the middle straps of the knee immobilizer to apply ice or cooling pad to the knee for 45 minutes to an hour, three times daily.
3. May remove all dressings after 3 days to allow the knee to get wet.
4. Do not scrub directly over the knee, rather scrub on the thigh, allowing the soapy water to drip over the incision site.
5. Allow the water to wash directly over the incision site and pad lightly dry with a towel.
6. May leave the incision open to air if you wish or you may cover it with an ACE bandage.

Medications

1. Once you are released from the surgery center, begin taking the pain medication at prescribed intervals. When your pain is under better control, you can consume on an as-needed basis.
2. It is best to take the pain medication 20-30 minutes prior to any activity to reduce the intensity of the pain once it begins.
3. It is important to eat some food every time you take narcotic pain medications. If you do not, you are more likely to experience nausea and dizziness.
4. Please contact Dr. Marc E Rankin at the office (301) 657-9876 Monday through Friday 9:00am to 4:00pm if you are running low on medication. **Please do ***not*** wait until Friday afternoon, as we may not be able to fill your prescription until Monday. Over the weekend, the on-call physician will ***not*** call in medication.*



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Diet

1. Begin with liquids, advance to soft foods as tolerated, then a regular diet.
2. It is important to eat some food every time you take narcotic pain medications. If you do not, you are more likely to have nausea and dizziness.
3. Narcotics cause constipation, so increase your intake of fluids, along with fruit and fiber in your diet.

Symptoms to report immediately

1. Excessive bleeding or draining, especially bright red bleeding that soaks all the way through your dressing (some spotting or pinkish drainage is common).
2. Excessive swelling, not relieved by rest, elevation, and ice.
3. Excessive or unbearable pain (unable to sleep, eat, or hold a conversation).
4. Itching, accompanied by hives, welts, or a rash which may signal an allergic reaction.
5. Flu-like symptoms (nausea, general body aches, chills, or sustained fever greater than 101.5° despite taking Tylenol or Motrin (Ibuprofen)).
6. If you have shortness of breath or chest pain **call 911 immediately**.

Follow up appointment

*Your scheduled follow-up appointment with Dr. Rankin is in 5-7 days, please call the office (301) 657-9876 to confirm the appointment date and time.