



Total Knee Arthroplasty Post-Operative Patient Instructions

- 1) Do not sit for longer than 1 hour at a time with your legs dangling down. You should have your legs elevated (higher than your heart) in a recliner chair or on the couch periodically throughout the day.
- 2) You should try to increase the amount of walking you do each day.
- 3) The compression stockings should be worn during the day for three weeks after discharge from the hospital. They may be taken off at night.
- 4) You should continue the blood thinner aspirin 81mg twice daily for 6 weeks post-op, unless otherwise instructed.
- 5) Because of difficulties with pain medication, you should increase the amount of fluids you drink and possibly take Miralax if you are having symptoms of constipation.
- 6) You may shower with island dressing bandage in place. Bandage on knee is to stay in place until your first post op appointment, approximately 2 weeks after surgery. Do not let water hit bandage directly. Once bandage has been removed, please Do NOT peel off the DERMABOND® PRINEO® mesh, as it provides an anti-microbial barrier. It will naturally peel off on its own 3-5 weeks post-op. It is ok to cut off the mesh as it peels off your incision so that it does not rub on your compression stockings and/or clothing. No soaking in a bath or pool until recommended by Dr. Rawal.
- 7) Continue your physical therapy exercises at least 4-6 times daily at home, increasing the amount of flexion each day. It is very important to keep the knee moving throughout the day.
- 8) Continue icing the knee regularly to decrease swelling and to help reduce pain for at least 3 weeks post-op.
- 9) Don't be surprised if you have increased pain at night. This usually means you have been a little bit too active and need to back down from your activities.
- 10) If you develop lower extremity swelling that does not improve after a night of elevation, please call the office. This could be an early sign of a blood clot.

Please call Stoughton Hospital OrthoTeam Clinic if you start having redness, drainage that is increasing, and/or knee motion that is not progressing: (608) 231-3410.



OrthoTeam Clinic

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EMERGENCIES**

Contact our office at (608) 231-3410 if any of the following are present:

- Painful swelling or numbness (note that some swelling and numbness is normal)
- Unrelenting pain
- Fever (over 101° – it is normal to have a low grade fever for the first day or two following surgery) or chills
- Redness around incisions
- Color change in foot or ankle
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting
- Calf pain

**If you have an emergency that requires immediate attention proceed to the nearest emergency room.

FOLLOW-UP CARE/QUESTIONS

If you do not already have a post-operative appointment scheduled, please contact our office at 608-231-3410.

Typically, the first post-operative appointment following surgery is 2 weeks following surgery.

The first post-operative appointment will be with one of the Physician Assistants. They will assess the wound, go over post-operative protocol, and answer any questions you may have regarding the procedure