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.
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.