



## POST-OP PROTOCOL FOR TOTAL KNEE REPLACEMENTS

### PHYSICAL THERAPY

- Home physical therapy will be arranged by our office and the hospital discharge planner.
- Transition to outpatient physical therapy when appropriate after first post-operative visit. (This usually occurs about two weeks after the surgery)
- Transition from physical therapy to a home exercise program when you can comfortably achieve 120° of flexion on your own.
- If you were discharged the same day as your surgery, your home physical therapist will take off the dressing the day after your procedure.

### BLOOD CLOT PREVENTION

Note: 96% of clotting problems occur within 14 days of surgery.

- **Frequent activity is the best method to prevent blood clots! Get moving!**
- If you are sitting, stay active with calf pumping exercises.
- Wear the portable pneumatic devices at least 18 hours per day for 3 weeks from your date of surgery.
- Take Aspirin for 4 weeks from the date of surgery. (Unless discussed with Dr. Gallivan and your cardiologist)

### ICING

- Ice 15-20 minutes per hour while awake for the first 72 hours after surgery.
  - Then ice at least 4 times per day while swelling persists.
- Icing machines are available.

### CONSTIPATION

- Pain medication may cause constipation. Please drink plenty of fluids and take Miralax as needed.
- If you have any other issues with constipation, please refer to the post-operative constipation handout.

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