

Total Knee Replacement Post-op Discharge Instructions

Diet

Regular diet or Pre-Hospital diet. Drink plenty of fluids. Eat foods high in fiber and protein and low in fat. Avoid alcoholic beverages. Avoid smoking.

Activities

You are going home a well person, so be as active as possible. Walk with your walker or crutches as instructed by your physician. Continue using your walker or crutches until seen for follow-up visit. Avoid low chairs and slippery surfaces. Avoid twisting your knee. Do not sit longer than 45 minutes at a time. During the daytime, get up every hour and take a brief walk.

Exercises

Perform your exercise routine 3 times a day as instructed by the physical therapist. Gradually increase the repetitions of the exercises. You may place an ice bag on your knee for 5-10 minutes after exercising. You should walk daily, each time lengthening your walking distance as your strength improves.

Medications

Take an anticoagulant medicine (prescribed by your doctor) daily to prevent blood clots. Do not take Aspirin or anti-inflammatory medicines while you are taking Coumadin.

Take a multivitamin with iron once a day for a month. You may need to take a laxitive or stool softener if you experience constipation.

Prescription given for pain medication. Take as directed. Take pain medication with food. You will find that you will decrease the amount you use as your pain lessens. You may take Tylenol (Regular or Extra Strength) if needed.

Incision Care

You will have steristrips (tapes) on your knee incision. Do not remove them, they will come off on their own. You may take a shower when your incision is dry, generally about a week after surgery. To shower, tape around all edges of your dressing on your knee. After showering, put a dry sterile dressing on your knee. You should keep a sterile dressing on your wound if there is any drainage; Change daily. Wash your hands thoroughly before changing your dressing. Wear your elastic stockings for 4 weeks. You may remove them for approximately 1 hour when showering/sponge bathing.

Follow-Up Office Visit

See Dr. Uyoe in 4 weeks. Call to make an appointment 212-7841.

Reasons to call the Doctor

1. Increased redness, swelling or drainage from your incision site.
2. Temperature consistently greater than 101 degrees
3. Increased pain or unrelieved pain
4. Calf or chest pain

Home Health

Physical Therapy-- Routine exercises, transfers, gait training, No active straight leg raises-- 3 times a week for 3 weeks.

Home nursing--draw an INR every Wednesday for 3 weeks, if taking Coumadin. Fax the results to Dr. Uyoe at 212-7846. Call abnormal results to 212-7841.

Medical Representations

Please be aware that the information provided on this site is to supplement the care provided by your physician. It is not intended nor implied to be a substitute for professional medical advice. The use of this Site does not create a physician-patient or provider-patient relationship nor is it intended to replace a health professional-patient relationship. You should always consult with a professional for diagnosis and treatment of any health problems. CALL YOUR HEALTHCARE PROVIDER OR GO TO THE CLOSEST EMERGENCY ROOM IMMEDIATELY IF YOU THINK YOU MAY HAVE A MEDICAL EMERGENCY. You should not disregard any advice or treatment from your healthcare professional based on your interpretation of what you may read on the Site.

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